Volume 18, No. 06 • January 28, 2011

Nation

Education Issue

$2.50 Free in *Iyiyuuschii*
Serving *Iyiyuuschii* since 1993
Canada Post Publication No. 40015005

Your Northern Airline of choice!

Air Creebec

For reservations, charters or information, call toll-free: 1-800-567-6567
Or visit our website at: www.aircreebec.ca

Beads of sweat

By ndiamon

I'm a summer sweater. You wouldn't believe how much I sweat on a sweltering summer's day. Disgusting. No woman wants to snuggle with me, I sweat so much. Which is why I prefer the shade and the leisurely amble to the driven gait, all the while breathing deeply, slowly, Jedi-like. Huge differences appear in your style of walk when you're a sweater. I've searched far and wide for white linen shirts, sans col, to keep me cool when the perspiration becomes embarrassingly unsexy. And yet, I seek and welcome sweat in fall, winter and spring. I especially enjoy a night of merry, sweaty debauchery in the three cooler seasons.

Fact: The human skin is equipped with thousands of minuscule pores, whose purpose is to expel toxins and all the other nasty things we filthy humans greedily ingest, like cheese, for instance. It's akin to the exhaust system in a well-oiled, hard-working Ford F-150.

It's genius. Only an omniscient and all-powerful being – a Godlike being, if you will – could have come up with such an inspired design. Why, it's practically Biblical. Cue the chorus of heavenly trumpets, Mr. DeMille.

Speaking of God, the Creator, Allah, Jehovah, Yahweh, Chamintou, The Big Guy Upstairs, She Who Must Be Obeyed, Jesus's old man, the very muscular, ageless white guy with the cool white mane, beard and robe who lounges on fluffy clouds as he judges, always judges us; His name has come up more times than He has names during the past few weeks in Ouje-Bougoumou. Strangely, from both sides of the opposing camps in a battle for the hearts, minds and sweat glands of the good folk of Ojay.

In the beginning, the previously unsweaty Ojayite Redfern Mianscum thought it wise to build a sweat lodge in the land of his fathers (or, in our parable, the backyard of his kinswoman, Lana Wapachee). It was to be a project for the greater benefit of his brethren who were much troubled by the sins of strangers from across the Great Sea. Redfern, may thouest know, had remarked upon a great degree of teeth gnashing and garment rending among his chosen people. Had he been gifted with speech from the power of The Lord, he would have demanded of the Pharoah in Quebec City: "Let my people go!" But nooo. Twas not to be.

Back in the day, my great grandfather Josiah would erect a small dome in his teepee during the middle of winter and burn water-smoothed rocks gathered from a nearby stream until they glowed red. Then he would baptize them with pure, clean water and sit, breathe deeply, and above all, sweat. He could, if he felt the need, chant a tune and sing his ails away. There were no demons. There was only the soothing heat of steam that washed dirt, pain and toxins away from his hardworking body. If he felt he should commune with his Power, he would. That is all.

I've been in a few sweat lodge ceremonies in my short life. The first was with a group of troubled young people from a city that shall remain nameless. Water was splashed on glowing stones in a lodge that was darker than the darkest night. Steam enveloped us. Our lungs filled with heat. We listened to songs whose language we couldn't comprehend. I swear I saw glowing lights in my pain.

Finally, the door was flung open and the sun shone in and it was the most beautiful sight I had ever witnessed. Later, we asked each other what we felt and saw. The young tattooed gang member next to me claimed he had seen a tiny human-like being hovering above the hot rocks. It was probably the first and only "spiritual" experience of his tired young life.

This morning I awoke from a night of debauch. I felt awful. My mouth was a desert. I stumbled out of bed, guzzled what was left of my healthy liquids and drew a hot, steamy bath. I ritually denuded my tired body and eased my hangover into the bath. Within minutes, I was ready to go again, a new man. Aaah, steam… a gift from Above.

Contents

editorial
Beads of sweat 3

rez notes
Intolerable me 4

news
What Bill C-3 means for Crees 5
Searching for the truth 7

features
Back to Class! 10
Overview of Native associations 25
Chalk art 28
In loving memory of Grandfather John Petagumskum Sr. 30
Letters 32
Hockey Tickets Winners 34

borderlines
Who's Hu? 37

UTNS
A lesson from Cuba 39

Photo courtesy of Pierre Coulombe

Intolerable me

By Sonny Orr

Years ago, I used to be intolerant of certain types of people. I always thought that whatever was strange or different should be frowned upon because it upset the delicate balance of tradition. For most times, it was just gut feelings, or so I thought. But actually it was tradition and habit of unreal ideas that kept me segregated from others. I found out over the years of observing the world around me, that certain people just have no tolerance at all and most don't accept realities that we see on a daily basis. Sometimes, this intolerance spreads like a virus, infecting everyone with its long-lasting first impressions.

For example, the first time I saw the Beatles was when they played live on the Ed Sullivan Show. I could not tolerate their long hair because it inspired young girls to scream at them, or so I thought at that time. I turned to my mother, who seemed a little wary of the way the show was going and was relieved to hear me tell her that I was never going to grow my hair long, ever. Seven years later, you couldn't tear the bandana off my long hair, because it was different and seemed to irritate just the right people – your parents.

Another time, much earlier, as a child in elementary school during the daily show-and-tell session, a breathless young girl proudly announced that the President of the United States was assassinated. Wow we wondered, what's assassination? Where is the United States? What's a president? Our first exposure to extreme intolerance in a classroom setting remained in this mind for a long time. It seemed to us that no one really asked "whodunit" because they already caught the bad guy. Over the years, intolerance was all around us as a people until some form of recognition came to light in the JBNQA, but all that constant pressure of intolerance.

For many years, we had language intolerance. French versus English was the most obvious one, as they had fought over these lands in attempts to empire build off the backs of the trappers. Then the general fighting over land claims made intolerance a fine legal art carried out in courtrooms, defining and deciding the level of discrimination, a "who's who" in racial terms. Today, even though the black man, the red man, the yellow man and the white man all get along fine legally and even friendly like, another intolerance is fighting for our attention. Yes, it is the spiritual one, the final grounds left for intolerance.

Looking at extreme religious intolerance, right now a "holy" war is being fought, justified by God himself. This is not a battle for souls, it is a battle of intolerance in extremis, where even the most private and spiritual aspect of one's person is now being fought over in the name of peace and love. This is a far cry from the days when long hair was considered evil.

Today, in our own lands, intolerance is still practiced in the background, working its way to surface once in a while in a dramatic way, showing us that it is still alive and well within ourselves. Ahh, if I only had my long hair back just to irritate people again...

the Nation is published every two weeks by Beesum Communications

EDITORIAL BOARD
L. Stewart, W. Nicholls, N. Diamond, E. Webb

EDITOR IN CHIEF
Will Nicholls

IYIYUU AYIMUUN EDITOR
Brian Webb

COPY EDITOR
Martin Siberok

CONTRIBUTING WRITERS
C. Rigby, S. Orr, A. German, ndiamon, L. Stewart, X. Kataquapit,

PHOTOGRAPHY
A. German, N. Diamond, W. Nicholls, D. Valade

DIRECTOR OF FINANCES
Linda Ludwick

SALES REPRESENTATIVES
Danielle Valade, Ginette Grégoire

PRODUCTION COORDINATOR
Claire MacKinnon

THANKS TO: Air Creebec

WHERE TO REACH US:
POSTMASTER:
The Nation PRODUCTION OFFICE
4529 CLARK, #403
MONTREAL, QC., H2T 2T3
EDITORIAL & ADS
TEL.: 514-272-3077, FAX: 514-278-9914
The Nation HEAD OFFICE
P.O. BOX 151, CHISASIBI, QC. J0M 1E0
www.nationnews.ca
E-MAIL ADDRESSES:
Editorial: nation@beesum-communications.com
news@beesum-communications.com
Ads: for Danielle Valade
ads@beesum-communications.com
for Ginette Gregoire
publicity@beesum-communications.com
Classifieds: beesum@beesum-communications.com

SUBSCRIPTIONS
INDIVIDUALS & INSTITUTIONS:
$60 PLUS TAXES
US: $90
ABROAD: $110
PAYABLE TO BEESUM COMMUNICATIONS
PRINTED BY IMPRIMERIE LEBONFON
ALL RIGHTS RESERVED
PUBLICATION MAIL #40015005
ISSN #1206-2642
The Nation IS A MEMBER OF:
THE JAMES BAY CREE COMMUNICATIONS SOCIETY,
CIRCLE OF ABORIGINAL CONTROLLED PUBLISHERS,
MAGAZINES CANADA
QUEBEC COMMUNITY NEWSPAPER ASSN.
CANADIAN COMMUNITY NEWSPAPERS ASSN.
LES HEBDOS SÉLECT DU QUÉBEC
We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.

QCNA AJRQ
2009 WINNER CCNA BETTER NEWSPAPERS COMPETITION
Magazines Canada
RÉSEAU SÉLECT
Canada

What Bill C-3 means for Crees

A new law on gender equality within the Indian Registration Act has passed, but will this change anything for Crees?

By Amy German

Bill C-3 finally received Royal Assent on December 15, opening the door for many Natives to gain the official Indian status that they were previously denied. The remaining hurdle before the bill comes into effect is a proclamation by an Order in Council, but this is anticipated within the coming weeks.

"Once it is enforced, its basic role is to provide eligibility for status to certain grandchildren of women who lost status through marriage prior to 1985," said Roy Gray, Director of Special Legislative Initiatives for Indian and Northern Affairs Canada (INAC).

The rules for Indian status under the Indian Act are the same for all Natives across Canada. However, those who could potentially enjoy this new status have to meet a certain criteria.

"For status it is across-the-board national rules. I am coming at this from the perspective of the grandchild. Basically the criteria would be: did your grandmother lose her Indian Status as a result of marrying a non-Indian? Is one of your parents registered under Section 6.2 of the Indian Act? And, were you or one of your siblings born on or after September 4, 1951," said Gray.

Those who meet the criteria can apply for their status as soon as the bill is passed. The INAC website states that it can take four to six months to process completed applications.

What this means for those who will receive status for the first time is that they will now be eligible for a number of programs and services under INAC as well as non-insured health benefits provided by Health Canada. There is also the eligibility for becoming tax exempt. However, Gray explained that there are certain rules concerning tax exemption but he could not elaborate on at this time.

At the moment INAC is anticipating that an estimated 45,000 Natives across Canada will be eligible to apply for the status they have been denied due to gender equity issues within the Indian Act.

According to Bill Namagoose, Executive Director of the Grand Council of the Crees of Eeyou Istchee, Bill C-3 won't change things tremendously for the Cree nation.

"The Crees resolved the non-status and status Indian issue in the JBNQA in 1975 and further in 1984 with the passage of the Cree Naskapi Act. The status Indian issue is irrelevant for the Crees since all services all delivered to all Crees and without distinction."

Namagoose said the Crees maintain two lists of people. One is a band list that defines who is an Indian under the Indian Act. The Cree do not use this list in their administration of programs. Another list is the JBNQA beneficiary register which in effect is the Cree citizens record and names all Crees whether they are on the band roll or not. Crees are still Indians under the Indian Act and the only benefit is the tax exemption under Section 87 of the Indian Act.

In terms of the Crees and services, Namagoose pointed out that there has been a long outstanding problem with respect to the delivery of services when a Cree is out of the JBNQA territory for over 10 years.

"Crees take the position that Crees should receive INAC or other federal programs when outside the JBNQA territory after 10 years. This is where there may be problems for a few Crees in the future. The GCCEI takes the position that JBNQA benefits are portable but governments have opposed this consistently," said Namagoose.

Namagoose said the GCCEI's position is there should be no discrimination in Bill C-3 and that other nations who are directly impacted on a daily basis should lead the fight to remedy this issue.

> "ONCE IT IS ENFORCED, ITS BASIC ROLE IS TO PROVIDE ELIGIBILITY FOR STATUS TO CERTAIN GRANDCHILDREN OF WOMEN WHO LOST STATUS THROUGH MARRIAGE PRIOR TO 1985"

Such has been the case with Sharon McIvor, who took the federal government to court over gender equity and won but she only sees it as "partial success."

McIvor, a member of B.C.'s Lower Nicola Band, is essentially why Bill C-3 exists. In 1994, she initiated a constitutional challenge to sex discrimination in the registration provisions of the Indian Act regarding status.

The B.C. Supreme Court ruled that Section 6 of the Indian Act violated Section 15 of the Canadian Charter of Rights and Freedoms. But Canada appealed this and it was ruled that although the Indian Act was discriminatory, the majority of the discrimination was justifiable as the government's purpose was to preserve the existing rights of the Aboriginal men and their descendants who had been given preferred status.

McIvor has since taken her battle with Canada to the United Nations.

insight

MANAGING ABORIGINAL LAND AND WATER INTERESTS

Sustainability and Best Practices On and Off Reserve

March 28 - 29, 2011 | Toronto

PROGRAM CO-CHAIRS

Grand Chief Stan Louttit
Mushkegowuk Council

Chief Bryan LaForme
Mississaugas of the New Credit First Nation

For full conference details visit
www.insightinfo.com/aboriginallandtoronto

ENROLL TODAY!
1 888 777-1707

An ALM Event

CONGRATULATIONS!

The Canadian Council for Aboriginal Business and ESS, a division of Compass Group Canada congratulates the Aboriginal Business Hall of Fame Laureates for 2011,

Ruth Williams,
Chief Executive Officer,
All Nations Trust Company, B.C.

Chief Clarence Louie
of Osoyoos Indian Band, B.C.

The **success** of these two Aboriginal business leaders and the impact of their initiatives on the prosperity of Aboriginal communities will be celebrated on **February 15, 2011** at a Toronto Gala Dinner.

Aboriginal Business HALL OF FAME
Canadian Council for Aboriginal Business

ESS
A member of Compass Group Canada
www.compass-canada.com

Learn more about all of the laureates and the celebration event by visiting www.ccab.com

ARE YOU THINKING OF GOING BACK TO SCHOOL?

Do like Bruce, Rebecca, and Caroline, and **become a role model for First Nations society!**

OFFERED AT THE VAL-D'OR CAMPUS
Fall 2011

- University **Studies Preparatory Program** (also in French)
- Certificate in **Administration**
- Certificate in **Human Resources Management**
- Certificate in **Plastic Arts**
- Bachelor degree in **Preschool Education and Primary Teaching**
- Masters program in **Administration**

INFORMATION:
spn-fns@uqat.ca
1 866 891-8728 (UQAT)
Ext: 6296 or 6338

Université du Québec en Abitibi-Témiscamingue

Searching for the truth

The Truth and Reconciliation Commission moves north

By Amy German

Four major announcements were made by the Truth and Reconciliation Commission of Canada (TRC) on January 13: 1) a new office will open in Yellowknife; 2) there will be a series of hearings in the far north prior to a national event in Inuvik; 3) the creation of a National Research Centre on Residential Schools in Vancouver; and 4) the setting up of a $20 million fund for commemoration activities.

In regards to the new Yellowknife offices for the TRC, commissioner Marie Wilson is elated as this will be her new home base.

"This will put us closer to the region that we need to get to," said Wilson.

The TRC hearings tour through the far north will begin March 15 in Inukjuak, Quebec, and wrap up May 27 in Watson Lake, Yukon.

"The northern hearings are an opportunity for residential school survivors, who might not be able to come to us, to speak up, be heard and inform the commission and Canadians of the unique experiences of children who attended residential schools in Canada's North," said Sinclair.

Though this will be leading up to the TRC's second national event to be held in Inuvik, NWT, June 28-July 1, it is not expected that every survivor in that region will attend. Survivors can go to one or the other if they choose since it's really about getting their stories told and holding hearings for those who have filed an Independent Assessment Process (IAPs).

In terms of Quebec, the TRC is not expected to hold hearings in the James Bay region or elsewhere in Quebec until the lead up to the national event scheduled for the province in early 2013.

> "THE NORTHERN HEARINGS ARE AN OPPORTUNITY FOR RESIDENTIAL SCHOOL SURVIVORS, WHO MIGHT NOT BE ABLE TO COME TO US, TO SPEAK UP, BE HEARD"

"The intent is that we are starting in Inukjuak and Nunavik in Northern Quebec and then continuing west, so there will be some communities included. In terms of James Bay communities, I am not sure what you include in that definition, but we have a regional liaison in Quebec who will be assisting us when it comes to community events in the province," said Sinclair.

Sinclair was asked if the TRC had developed any new protocols when it came to the hearings, as those who are claiming student-on-student abuse in their IAPs may be naming people within their own communities.

While survivors can chose to give their testimony either publicly or privately, should they name another student as an abuser or person of interest, that individual legally has to be notified of what is being alleged against them.

While Sinclair didn't have any answer in regards to this specific matter at present, he did say that it was something that he would be discussing with the Chief Adjudicator to see if a specific policy could be developed in regards to the matter. At the same time, he expressed his desire to remind everyone that these persons of interest are victims too.

The TRC will also be hosting an international forum in Vancouver March 1-3 at the Sheraton Wall Centre to discuss a new national research centre.

The idea behind the centre is to archive all of testimony collected from survivors over the years and to educate Canadians and the rest of the world on the impact of the residential school system.

In discussing the newly announced $20 million for commemoration activities and monuments, Sinclair said individual communities could apply for up to $50,000 for an event or monument within their community. As many as 10 communities can pool together for a single project that costs up to $500,000.

Half the funds will be administered during the 2011-2012 fiscal year and the rest the following fiscal year.

"The commemoration is intended to be about honouring, educating, memorializing, remembering and paying tribute to former residential school survivors, their families and their communities. It is also to acknowledge the experience and the broad systemic impacts of residential schools," said Sinclair.

Worried about missing an issue of *the Nation*?

Subscribe!

beesum@beesum-communications.com Phone: 514-272-3077 Fax: 514-278-9914 4529 Clark, Suite 403 Mtl, QC, H2T-2T3

Gareau VAL-D'OR auto

GM Canada

Visit our website to see our full line of vehicles.

www.gareauauto.ca

Jean-Claude Moreau,
our bilingual Sales Representative, will welcome you and we will pay for your hotel room when you come down to pick up your vehicle.

1100, 3e Avenue Est, Val-d'Or, QC J3P 4P8
Tel: (819) 825-6880 1-877-625-6880 Fax: (819) 825-8980

Pastors Gilbert & Gladys Hester Memorial Convention
February 25-26-27, 2011
(Special Memorial Tribute on Saturday)

ᐊᔨᒥᐧᐃᐅᑭᒪᐅᑦ ᑭᓚᐢᑦ ᑭᓴ
ᑭᓀᑎᑦ "ᐁᑦᑎᐣ ᑕᔨᑭᓯᐧᑐᑕᒋᑦᐃᓐᐢᓂᓄ
ᐃᐧ ᒪᒧᔨᓀᓂᐢᓂᑦ
ᑭᔅᐱᓯᔪ 25-26-27, 2011
(ᐃᐧ ᑭᐧᖷᓴᓯᒋᓀᐧᖽᐧᖾ ᑕᔨᑭᔅᑐᑕᒋᑦᐃᓐᐢᓂᓄ ᑭᑭ
ᐃᐧᑐᑎᑭᓀᓄ ᒪᑎᓀᐢᐃᑭᔅᖷᖾᑦ)

Polyvalente Le Carrefour, 125 rue Self, Val d'Or, QC

For more information:
R.W.Hester @ 581-306-1585
hestermemorialconvention@yahoo.com
www.HesterMemorialConvention.com

Guest Speakers:
Rev. George Gunner, of North Bay, ON
Evangelist Harry Meskino, of Mistissini, QC

Guest Singers:
HOAN Worship Team, of North Bay, ON
Evangelist Merle McLeod, of Moose Factory, ON

NISKAMOON CORPORATION

NISKAMOON TEHQ PROGRAM
INFORMATION SESSIONS 2011

Take the Next Step! The Opportunity is Yours!

Come join the growing Cree workforce at Hydro-Québec! Did you know that over 45 Cree men and women are now full-time permanent employees of Hydro-Québec on the James Bay Territory?

The Niskamoon Corporation is proud to offer you the opportunity to register in a Vocational or Technical training program that will lead to stable employment within Eeyou Istchee. This TEHQ Program offers; generous monthly incentives, a student center for you and your family to meet with other Eeyou students, a spot on the Niskamoon hockey team, help finding an apartment, and much more!

In partnership with the Cree School Board and Hydro-Québec, we will be visiting each community to provide information on what we have in store for you. **Everyone is more than welcome to attend!**

COMMUNITY	DATE	TIME
WHAPMAGOOSTUI Badabin Eeyou School	Mon, Feb. 7, 2011	1:00 pm
CHISASIBI James Bay Eeyou School	Mon, Feb. 7, 2011	3:00 pm
EASTMAIN Wabannutao Eeyou School	Tues, Feb. 8, 2011	9:55 am
WEMINDJI Maquatua Eeyou School	Tues, Feb. 8, 2011	2:45 pm
WASKAGANISH Ecole Wiinibekuu School	Wed, Feb. 9, 2011	10:00 am
NEMASKA Luke Mettaweskum School	Wed, Feb. 9, 2011	2:00 pm

Hydro Québec

ᐃᔨᔨᐣ ᑭᔦᑕᒪᑌᐣᐢ
Cree School Board
Commission scolaire Crie

2 Lakeshore Road,
Nemaska, Québec J0Y 3B0
www.niskamoon.org

NISKAMOON CORPORATION

Inuit leader praises feds' defence of seal hunt

Hollywood sexpot Pamela Anderson may have called the seal hunt "an embarrassment to Canada," but Inuit

Tapiriit Kanatami President Mary Simon is proud of the federal government's efforts to maintain the trade of seal products with China.

On January 12, Ottawa and respective provincial and territorial government leaders inked a trade deal with China for seal products. The deal is particularly important to the Inuit for the sale of sealskin products.

"I commend our Minister of Fisheries and Oceans, Gail Shea, and her officials, for recognizing the significance in solidifying partnerships and supporters for our seal market by signing a trade agreement with China on the import of Canadian seal products," said Simon.

Since the ban on seal products within the European Union (EU) in 2009, the Inuit of Canada's north, along with other Inuit in Greenland, have had no choice but to sue the EU because of what Simon describes as "an unjust and immoral seal products' ban."

Though the EU is currently working on a law would exempt seal products from Canada's Arctic Inuit community because they are traditional hunters, it has yet to have any impact.

According to a press release, Simon also said "the size of the Chinese market and rapid growth of the Chinese economy makes this particularly good news for Inuit and our interests in expanding our market opportunities for sealskin products. I'm pleased that the Chinese government has seen through the myths and distortions that have been widely disseminated by animal rights extremists in other parts of the world, such as Europe. We want to create a stable and secure future for our seal hunters."

Arctic radar chain delayed by consultations

The Harper government has had to put the bidding process on hold for those looking to operate and maintain the early-warning radar chain in the Arctic as Aboriginal groups have imposed their rights to consultations.

This early-warning radar system guards against unsolicited foreign entry into Canadian and US airspace in the north via a chain of 47 unmanned radars along the Arctic coast from Alaska to Labrador.

According to the Montreal Gazette, the radar system contract was awarded to Nasittuq, a joint venture between Calgary-based Atco Group and Pan Arctic Inuit Logistics Corp. in 2001, but it has since expired.

In 2009, Ottawa issued a letter informing all interested parties that a bidding process would occur in the future. However, Aboriginal land-claim agencies have stated that the letter caught them off-guard because they had not been consulted.

Under the Nunavut land-claims settlement the federal government is required to consult with the people of the land if a project happens to fall within their territory.

The Inuvialuit Regional Corp., which manages the settlement for the Inuit, has since stated it would be their preference to see the contract once again awarded to Nasittuq because it is better business for the Inuit people in the region.

A number of multinational defense contractors, including Montreal-based SNC-Lavalin, have expressed interest in the contract however the bidding process will not resume until such time that proper consultation has taken place with the Inuit.

Comic strip courtesy of Tundra Comics: www.tundracomics.com

Back to Class!

The Nation's guide on colleges and career programs for Crees and beyond

By Amy German

It's impossible to teach an old dog new tricks but never too late in life for someone to learn something new.

So, whether you have thought about going back to school to train for a new career, finish a degree or diploma that you let slide in the past, learn a new language or take on a program for the sheer joy of learning, now is the time to stop thinking about it and start applying.

So, if your passion lies in arts or science, a trade or a professional career, there is a myriad of courses, programs, trade schools, Cegeps and universities out there.

Starting with what is available in the north, here is a selection of programs either designed specifically with Crees in mind or for those who want to study Aboriginal culture more in depth.

Hawaiian, Mi'gmaq and Mohawk students share their stories at McGill University's Education Day, a day dedicated to promoting post-secondary education to Aboriginal youth.

PROGRAMS CREATED FOR CREES

To fulfill the employment demand within Eeyou Istchee's economy, the Cree School Board (CSB) developed its own vocational school that is not only adapted to the lifestyle and culture of Crees, but geared at getting Crees working upon graduation.

Located in Waswanipi, the CSB's Regional Vocational Training Centre offers a wide variety of courses to choose from as well as residences in either single or family formats so that everyone is accommodated.

If you're looking to retrain for a new career while staying within the comfort of Eeyou Istchee, peruse the following courses and apply for one of them.

Accounting: This 1350-hour program is ideal for those who want to learn basic accounting skills, such as calculation and preparation of bills, invoices, receipts and payments for a business. The program features instruction on how to manage petty cash, produce payrolls, price calculation, accounting tasks and fiscal year-end activities, income tax form preparation and accounting systems. This program is ideal for anyone who looking to do basic accounting in business or as a first step to prepare for higher learning in accounting.

Health, Assistance and Nursing: Though this program does not graduate registered nurses, it is an ideal for those who wish to work under a nursing staff as a practical nurse or nurse's aid. Graduates from this program can also work with medical practitioners or other healthcare workers in a variety of different facilities, including hospitals, nursing homes, extended-care facilities, rehabilitation centres, doctors' offices, clinics, companies, private homes and community health centres.

This 1800-hour course will help those who take the training perform basic nursing tasks though within a limited scope. Examples of these tasks would be taking vital signs, applying aseptic techniques including sterile dressing, ensuring infection control, monitoring nutritional intake and conducting specimen collection. With this kind of training, you could also administer medication and observe its effects, provide pre-operative and post-operative personal and comfort care and monitor estab-

lished respiratory therapy and intravenous therapy.

This particular course is ideal for those looking to see if the medical field is right for them and is great for those looking to continue their training to become registered nurses.

Carpentry: With construction booming in the north, carpentry is a sure bet for those looking for a rewarding career. Carpentry is all about working with wood so a graduate of this program would be constructing, erecting, maintaining and repairing wood structures, wood substitutes and other materials.

This 1350-hour program is geared towards ensuring that its graduates can perform at an acceptable level of output. The kinds of tasks it will enable graduates to do, include concrete forms, wood frames and steel bulkheads, projects that involve making joints, assembly work, erecting and repairing wood and metal parts, applying interior and exterior finishes and landscaping projects.

Professional Cooking: This course prepares the students to work in a variety of professional kitchens, such as restaurants, hotels, cruise ships, Elders' homes and other facilities that produce food in a professional environment.

In this 1350-hour program, students will learn safe and proper food preparation, how to use cooking tools and kitchen equipment, appropriate cooking techniques, preparation of fruits, vegetables, meats, poultry, game, fish and seafood. Plus, they will learn to make soups, basic dough, pastries, hors d'oeuvres and entremets and showpieces for cold buffets. Students will also learn to prepare and serve various menus such as breakfast, table d'hôte, à la carte and buffets.

Hairdressing: Those with a flair for style and are good with their hands, hairdressing is a trusted trade that incorporates both precision and creativity.

Students in this 1455-hour program will learn the skills required to perform hairdressing using all of the hygiene, health and safety guidelines in the profession. They will also learn about caustic and corrosive products used in the field, how to analyze a client's scalp and hair, how to counsel the customer when it comes to selecting a style that goes with their face, look and personality, colouration techniques, cutting, setting and styling. They also learn tasks such as trimming and shaving of beards, sideburns and moustaches and also how to do reception and sales tasks.

Household Appliance Repair: For those who are handy or love to repair broken appliances, this 1350-hour program may just be the thing for you. The program serves as a basic repair course for small and large appliances, such as electrical lawn and garden equipment, power tools, refrigerators and air conditioners.

Graduates work in a variety of places such as repair shops, appliance service companies and repair departments of retail and wholesale establishments. This program not only teaches students the repair aspect of this industry but how to deal with their clients when it comes to writing up estimates, consulting the customer and how to read work orders.

Computing Support: This 1800-hour program is all about learning how to provide support to customers experiencing difficulty with computers. It teaches students basic Information Technology, which includes computing and network establishment, operation and maintenance. Students will learn how to coordinate wide area networks (LANs and WANs), mainframe networks, hardware, software and related computer equipment. Students will also learn web technician skills to set up and maintain internet and intranet websites and web server hardware and software, and monitor and optimize network connectivity and performance. Graduates can work in any form of business that requires in-house IT services – from small to large-scale businesses. Supervisors of computer and network operators and web technicians are included in this group.

Heavy Equipment Mechanic: Heavy-equipment mechanics repair and maintain the kind of equipment that is currently in regular use in the north and found on construction and mining sites. Those who take this 1800-hour course learn the necessary skills to check and repair a variety of heavy equipment to ensure that it is safely functioning onsite. This program includes maintenance of hydraulic clutches, ordinary and semi-automatic transmissions, hydraulic brakes, steering gear boxes, clutches of direction, the suspensions and the driving shafts of the tractors, heavy trucks and other machines on building sites. It also includes the maintenance of diesel engines. People in this field not only seek out the cause of equipment breakdowns, they also work to prevent them through proper machine maintenance.

Class 1 Truck Driving: Anyone who has ever yearned for a life on the road and enjoys solitude might just want to invest in the 615-hour truck-driving course. Students will learn defensive and fuel-efficient driving, courtesy behind the wheel, professionalism in the field, time management, handling of unexpected events and emergencies and positive image projection. This course is ideal for anyone who has ever wanted to travel on wheels independently.

Plumbing and Heating: If you're looking for a career in plumbing and heating, this 1500-hour course might just be the thing. It trains students to identify, install, maintain, repair and modify drainage systems, venting systems, and hot-and-cold water supply systems. Students will need to learn and understand the Québec Plumbing Code. Students will also learn how to solve problems relating to water heaters, interpret plumbing and heating plans for single and multiple-unit residences; to install, adjust and maintain pumps; to assess the needs related to the installation of a septic tank and to test for water tightness.

Cabinet Making: Since no home is complete without cabinets, cabinetmakers are in demand wherever houses are being built. This 1650-hour program is ideal for anyone looking to make simple cabinets for new homes. Students will learn to design and make patterns, templates, jigs and fixtures for cabinets. They will also learn to make wood furniture, furniture with carved, veneered or curved parts, furniture made of sheet materials, decorative woodwork and staircases; install finished pieces; carve simple designs; repair and restore furni-

A New Beginning

OSHKI

OUR IDENTITY
OUR WELL-BEING
OUR COMMUNITIES
OUR FUTURE

CALL FOR STUDENTS!

At Oshki-Pimache-O-Win, our students are often employed full time and reside in Northern and remote communities. Our special delivery methods allow our students to learn at home, remain employed and stay in their home community for the duration of their program and earn their credentials. We will be offering the following programs through a blended delivery format (e.g. on-campus sessions, distance delivery using e-learning platforms, televideo and independent study) in September 2011

- **Aboriginal Financial and Economic Planning**
- **Native Early Childhood Education**
- **Personal Suppport Worker**
- **Pre Health Sciences**
- **Social Service Worker Native Specialization**

All of these programs are delivered in partnership with an Ontario College. That means you will receive a level of education that is equivalent to, and even exceeds that found in mainstream schools and you will graduate with a college diploma or certificate! Our staff and instructors have a passion for teaching and supporting First Nation students.

Oshki-Pimache-O-Win Education and Training Institute

106 Centennial Square,
3rd Flr
Thunder Bay, Ontario
P7E 1H3

Phone: (807) 626-1880
Toll Free: 1-866-636-7454
Fax: (807) 622-1818
E-mail: info@oshki.ca
Website: www.oshki.ca

OTHER PROGRAMS:
Academic Upgrading (GED)
Basic Radiological Technician Program

To learn more about our programs and to obtain an application package contact our Student Recruitment Officer, Lorrie Deschamps, toll free 1-866-636-7454 or by email ldeschamps@oshki.ca

So apply today!

Collège Chibougamau Nursing

ture. Those looking to go further in this field can seek out an apprenticeship outside of the communities where they can train under another individual to achieve the title of master cabinetmaker.

While all of these courses have been offered at the Regional Vocational Training Centre in the past, some are not offered every year. For more info: www.cscree.qc.ca/Establishments/Vocational/Programs.htm

NISKAMOON AND YOU!

In 2004, the Niskamoon Agreement allowed for the creation of non-profit organization, the Niskamoon Corporation.

While the corporation has many functions, one of them they are best known for is the facilitation of training programs intended to streamline Crees into technical vocations for positions created specifically for Crees within Hydro-Québec.

Niskamoon offers four different courses within this specific program that will lead to jobs within Hydro-Québec – two are vocational and two are technical. For those whose academic history does not meet the criteria for these programs, upgrading courses are also provided by Niskamoon as well as French courses so that Cree students can make it from the classroom to the workforce as fast as possible.

The two Vocational (DEP) programs are the Automated Systems Electro-Mechanics (DEP 5281) and the Industrial Construction and Maintenance Mechanics (DEP 5260). Both programs are two years long.

The Automated Systems Electro-Mechanics is administered at the Centre Polymétier in Rouyn-Noranda. The course is taught in French and requires that applicants have completed Secondary 4 or that they be 18 years old and pass a General Development Test with Secondary 4 Math and/ or pass a High School Equivalency Test and that they be fluent in French.

The Industrial Construction and Maintenance Mechanics program is taught at the Centre de formation professionnelle de la Jamésie in Chibougamau. The course is also taught in French and applicants are required to have completed Secondary 4 or that they be 18 years old and pass a General Development Test with Secondary 4 Math and/ or pass a High School Equivalency Test. This program also requires French fluency.

The two Technical Programs offered through Niskamoon are the Industrial Electronics in Instrumentation and Automation and the Electronics Technology in Telecommunications/ Computers. Both these programs are three years long and students will graduate with a college diploma.

The Industrial Electronics in Instrumentation and Automation course is taught at the CÉGEP de l'Abitibi-Témiscamingue in Rouyn-Noranda. The course is taught in French and applicants are required to have a High School Diploma with Math 436 and Physical Science 436 and they must fluent in French.

Currently, the Electronics Technology in Telecommunications/ Computers is seeking a new venue of instruction. The requirements for this program however remain a High School Diploma with Math 436 and Physical Science 436 and all applicants must be fluent in French.

For more info: www.niskamoon.org

PROGRAMS FOR CREES IN CHIBOUGAMAU

Just a hop, skip and a jump away from several Cree communities, the City of Chibougamau offers a handful of courses that are specifically designed for Crees and jobs within the Cree nation.

New this year, the Business and Community Service of the Centre d'études collégiales à Chibougamau (CÉCC) has completely revamped its forestry and environment program in collaboration with the Cree nation to offer something special.

The brand-new Environmental Management Program will be offered for the first time this September and it is designed specifically for environmental management within the Cree nation. Students will learn about environmental development, interpretation, wildlife protection and conservation to lead to careers in environment, forestry, wildlife management and ecotourism.

This exciting program will first focus on classroom theory but also offer practical on-the-job training in various different settings throughout Chibougamau and the Eastmain-1-A–Sarcelle–Rupert hydropower project site. This four-year-long, 2700-hour program will begin on August 22 for the first time ever and, of course, Cree students will get their two

St-Félicien Natural Wildlife Techniques class shows teamwork in a forestry site

weeks off for Goose Break, like every program adapted for the Crees.

For those who are not quite ready to take the plunge into a proper career-driven program, the CÉCC offers upgrading courses so that students can get the proper academic credits to get into other programs. At the CÉCC, this program is called Ashuugan and it is ideal for those who are just transitioning into collegial studies.

There are also other programs offered at the CÉCC through the Cégep de Saint-Félicien, which have been adapted to the needs of Cree students.

Their revolutionary Nursing program that began in 2008 will soon be graduating its first crop of Cree nurses in the spring of 2012. They will all graduate as registered nurses and will be able to practice anywhere within the Cree communities.

Not only is this the only English-language Nursing program available in James Bay, rather than offering the regular three-year registered nursing program, Saint-Félicien offers a four-year program has been adapted to accommodate both the educational and cultural needs of Cree students. This is the same program offered by l'Ordre des infirmières et infirmiers du Québec which usually runs two years in other institutions.

With the more drawn-out course schedule, Crees caring for young children or family Elders can still go to school and attend to those who need it most simultaneously.

The Ministry of Education, Cégep de Saint-Félicien, Cree Human Resources Development, Cree School Board, Cree Health Board and Emploi-Québec worked as partners to create this program as a means of addressing the Cree communities need to hire 100 new nurses.

Also there are CÉCC programs for those interested in working with children. For those interested in either getting a job or advancing their position within a daycare centre, the Childhood Educator program is offered. Similarly, for those interested in working within the school system to aid children with special needs, the Special Needs Educator program is also available.

For those interested in seeing their community infrastructure improve, a Civil Engineering program is also available as a one-year program of 1260 hours. Designed to get Cree students into the job market quickly, this program is geared towards road and municipal work inspection and quality control. With the large amount of roadwork to be done in and around James Bay's communities, job possibilities are literally limitless.

To find more info on these programs, visit www.cstfelicien.qc.ca and www.cec-chibougamau.qc.ca/transition.htm or contact your local guidance department.

VAL-D'OR

For those who don't want to leave the north for their education, many Crees and Aboriginals from other Nations choose to hit the books in Val-d'Or. It's the city that always has several familiar Cree faces, a social network established through the Friendship Centre of Val-d'Or as well as many Cree enterprises.

The Cégep de l'Abitibi-Témiscamingue offers its own Access to College program geared at getting those who may not have all of the necessary college entry credentials get what they need. While taking part in this program, students have access to the First Nations Student Services (FNSS) department to brush up on their studying skills and to get help adapting to their new situation.

Because finding housing in Val-d'Or can be unbelievably difficult, the FNSS department also helps students acquire housing. This world-class facility also provides students with a bevy of other services to help First Nations students get on top of the game. Best of all, these programs are housed in the college's state-of-the-art First Nations building that is shared with the Aboriginal students from l'Université du Québec en Abitibi-Témiscamingue.

For more info: cegepat.qc.ca/premieresnations/English/index.htm

For those interested in higher learning, l'Université du Québec en Abitibi-Témiscamingue offer a series of certificate and bachelors programs available in English that are specifically for First Nations students.

Under their programs for First Nations, UQAT offers certificates in Administration, Accounting and Human Resource Management as well as a Multidisciplinary certificate which allows students to improve their knowledge for communication and management.

Also in English, UQAT offers two different Bachelors programs – one in Preschool Education and Primary Teaching and a Bachelors of Social Work.

Of course, for those looking to improve their second or third language skills, all of these programs are also offered in French.

COLLEGES AND CEGEPS IN THE SOUTH OF QUEBEC

Whether you want a specific career program or you are looking to do the standard two years of pre-university courses to be able to hit the academic big league, there is a wide array of post-secondary institutions to choose from in Quebec.

John Abbott College

John Abbott College is the choice for students looking to study in Montreal's picturesque suburban borough of Ste-Anne-de-Bellevue and is the only English-language Cegep in southern Quebec that offers a special program designed to help Cree students integrate into college life and academia. The Pathways to a Career Program for Cree Students is a one-year academic program where students get to earn credits towards their DEC (Diplôme d'études collégiales) and it offers them social support at the same time.

Through this program students can work on improving their English-language skills while looking into different programs that they may want to enroll in the following year. When these students enter into the college's regular programming, they will already have a head start on their DEC, having already completed some courses, which will lighten their course load in subsequent semesters.

For more info:
www.johnabbott.qc.ca/?9CA5A54B-7518-4D50-A198-12157364A185

Also offered at John Abbott is the Police Technology for First Nations and Inuit Students program. Designed specifically for the needs of Aboriginal communities, this an intensive 900-hour credit course program for First Nations and Inuit students only. The program leads to an Attestation d'études collégiales (A.E.C.) in Police Technology. Those who complete this course successfully will be qualified to attend the 17-week basic training program at the École nationale de police du Québec in Nicolet to become police officers.

John Abbott also offers are a handful of very important career programs: Dental Hygiene, Information and Library Technologies, Youth and Adult Correctional Intervention and Pre-Hospital Emergency Care.

For those who are already working but want to brush up on those computer skills, John Abbott is also the only Cegep to offer part-time Information Technology courses that would help individuals in any career field who doesn't know computers already.

For more info:
www.johnabbott.qc.ca

Dawson College

Located in downtown Montreal, Dawson College is a Cegep known for its excellence in a wide variety of technical and career programs and its strength in pre-university courses. With nearly 10,000 fulltime students and over 50 programs to chose from, Dawson has it all for those looking for an education in an urban environment.

Dawson is known for its competitive Fine Arts program and it's the only English Cegep in Montreal to offer a pre-university travel/tourism program.

In terms of career and technical programs, Dawson offers a wide range of arts, design, specialized medical and information technology programs that other Cegeps do not. They include: 3D Animation and Computer Generated Imagery, Illustration and Design, Industrial Design, Graphic Design, Professional Photography, Professional Theatre, Biomedical Laboratory Technology, Civil Engineering Technology, Diagnostic Imaging, Electronic Engineering Technology, Laboratory Technology-Analytical Chemistry, Mechanical Engineering Technology, Radiation Technology, Community Recreation Leadership Technology, Computer Science Technology and Social Service.

For more info: www.dawsoncollege.qc.ca

Vanier College

For those looking to study in an urban setting but not quite looking for the fast-paced life of downtown Montreal, Vanier College is the place to study.

Being adjacent to the action doesn't come without its advantages. If you are musically inclined, Vanier is the only one of the four public anglophone Cegeps that offers fully accredited music programs. Vanier also offers a number of double DECs where students can do all of the core courses in two different domains in a three-year period as pre-university courses. This includes a Modern Languages and Music Double DEC as well as double DECs for Science and Music and Social Science and Music.

In terms of career programs, Vanier has its portfolio of programs that are not offered at other institutions. This includes: Animal Health Technology, Architectural Technology, Building Systems Engineering Technology, Computerized Systems Technology, Early Childhood Education, Environmental and Wildlife Technology, Industrial Electronics, Office Systems Technology: Micropublishing and Hypermedia, Professional Music and Song Techniques, Respiratory & Anesthesia Technology and Special Care Counseling.

For more info:
www.vaniercollege.qc.ca

Champlain College (St. Lambert, Lennoxville, St. Lawrence)

If you want to stay away from the big city, Champlain College offers three options to students – their St. Lambert campus on the south shore of Montreal, their Lennoxville campus in Sherbrooke and their St. Lawrence in Quebec City.

While studying at Champlain's St. Lambert campus, students can take the regular pre-university programs but some offer unique focuses that other colleges do not. For example their Social Science programs offer special focuses that students can choose from such as: criminology, commerce, education, psychology or world studies.

ADVERTORIAL

WAACHIYAA! Achieve Your Dreams at John Abbott College!

Written by Michael O'Connor

It's never easy to move away from one's home community to live and study in another place far from both family and friends. For many Cree first-year students, living in a big southern city can be as frightening as it is exciting. Let's face it, adapting to any new environment is a challenge, and overcoming culture shock can be especially trying. As one student has noted, "During my first semester at John Abbott College, I used to go home and fall asleep every day after school because I was so exhausted by it all. Now I am used to it and things are much better." A word of advice: if you are considering studying down south, keep in mind that it is important to think about what you would like to do before you leave for college. For instance, you should have some kind of career objective in mind and be academically motivated before you even arrive at school. Visiting your school's guidance counselor is a good way to start. He or she can help you choose what may be best for you in terms of possible career advice. You will also get some valuable tips on how to handle both college and city life in the south. There are many career guidance sites on line as well such as, *careercruising.com* and *careerkey.com* that can help guide you to a career path based on your abilities and aptitudes. Solid preparation, being committed and motivated to succeed, and taking a genuine interest in the program you choose to follow will certainly get you far. An intensive nursing student said recently: "The first time I went to Cegep, I didn't know what I wanted to do in life. I studied social sciences, and while I did like the program, I was not motivated at that time to complete my studies. Then, during one of my pregnancies, I had a Cree nurse. I was able to communicate my feelings and symptoms in my mother tongue. It clicked that I should study nursing. Now I am in nursing at JAC and I am very happy where I am right now." If you can visualize it, you can achieve it…

At John Abbott College in Montreal, situated in a beautiful natural setting among plenty of trees, water, and green spaces, support for Aboriginal students who come to study there is a top priority. The college's Aboriginal Student Resource Centre (ASRC) was, in fact, intentionally set up to help off-reserve students adapt to college life and succeed at their studies. As Jedidat Matoush, a contributing writer for *the Nation* and current John Abbott College student remarks: "I like going to JAC knowing that there's someplace I can go in case I have a question. The ASRC is a really comforting place that adds to the college experience." Coordinator Louise Legault, an able administrator, and Pedagogical Counsellor Mike O'Connor, who taught up north for many years, are fully aware that Aboriginal students have their own specific needs when they come to John Abbott College. As a result, the Aboriginal Student Resource Centre operates like a 'home away from home', with the objective being that all students enjoy a successful and memorable living and learning experience while at the college.

"I LIKE GOING TO JAC KNOWING THAT THERE'S SOMEPLACE I CAN GO IN CASE I HAVE A QUESTION. THE ASRC IS A REALLY COMFORTING PLACE THAT ADDS TO THE COLLEGE EXPERIENCE."

"THE ABORIGINAL STUDENT RESOURCE CENTRE IS REALLY A PLACE TO 'LEARN THE ROPES' TO PICK UP ALL OF THOSE LITTLE THINGS ABOUT COLLEGE 'DOS AND DON'TS' THAT YOU WON'T LEARN IN CLASS."

All Aboriginal students who attend John Abbott College are welcome at the Aboriginal Student Resource Centre. Presently, the college has over fifty Cree, Inuit, Mohawk, Algonquin, Ojibway, Mi'kmaq, and Métis students. Students from these many diverse nations come together and meet in the centre on a daily basis. A former Mohawk student, when asked about how important the centre was for her, stated: "The Aboriginal Student Resource Centre is really a place to 'learn the ropes' to pick up all of those little things about college 'dos and don'ts' that you won't learn in class. Going to the Aboriginal centre also gives one a 'heads up' as to what to expect and is therefore an excellent springboard to ease away from reserve life and into college life." Whether for personal or moral guidance, tutoring help, studying, homework, using the onsite computers or printers, or just simply dropping in to relax and meet other students, the Aboriginal Student Resource Centre is definitely the place to be on campus!

College, or CEGEP, as it is officially known, is quite different than high school in James Bay. At the college level, it is entirely 100% up to the individual student to do the work and to show up on time for class. No one will take you by the hand in college. There are no school bells, detention halls, snow days, pedagogical days, or free periods! Figuring out how the college system works, while at the same time adapting to culture shock, many Cree students also find the expectations of the language used at the college, English, to be demanding at times. John Abbott College, aware that English is not the first language of many northern students, offers a special program called 'Pathways to a Career for Cree Students' to help them ease into college life. This is how it works. In the first year of the program, Cree students take two sheltered courses designed just for them. There is an English course for Cree students so they can improve in their reading, writing, and oral skills, as well as a career exploration course which offers valuable career guidance for those who are not sure about what they want to be in the future. Cree students also take, during the first year, a basic level French course, two gym classes, and a few introductory courses in subjects such as sociology, psychology, or history, for example. After a year in the pathways program, students learn what college is all about and, more importantly, what career path feels best for them to follow. Students can then continue on in college programs such as social science, science, or fine arts, which lead directly to university studies, or they can enroll in one of the many three-year career programs that John Abbott College offers such as business, nursing, or police technology, to name a few. It goes without saying, then, that the pathways program was tailor-made to help Cree students experience success in that critical first year with a little less stress than they would have had if they entered into a college program on their own.

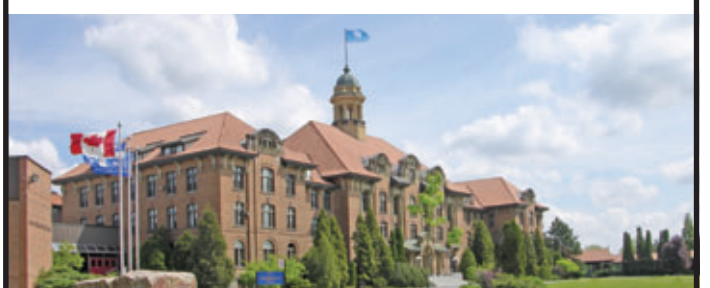
College is about trying and experiencing a whole lot of new and interesting things; including 'learning how to learn,' maturing as a human being, and growing intellectually. For today's young people, it isn't always easy to know exactly which direction to take academically and/or what career path to follow. College offers young people the opportunity to discover what's out there and at the same time learn a little more about themselves and their abilities. Most students can and do succeed given the right attitude and support system. However, college is not only about taking courses, researching papers, or writing exams. It is also extremely important for the student to get involved in college life. There are more than thirty clubs and various interest groups on campus; including numerous varsity and intramural sports teams to choose from, from basketball to swimming. Studies have shown that the most successful college students are the ones who get deeply involved in school life. College is also a great place to make lifelong friends, enjoy the various clubs and extracurricular activities, and get in top shape by participating in a team sport. This past year, for example, we have had Aboriginal students play on both the school's varsity volleyball and lacrosse teams. So, if you really want to go to college, are responsible, hard-working, and motivated, and you can visualize yourself achieving your goals, and enjoy having fun and making friends at the same time, then you most certainly will enjoy coming to John Abbott College.

Lakeside View Global Vision

CEGEP JOHN ABBOTT COLLEGE

The **Aboriginal Student Resource Centre**
is a comforting place where you come to:
study
get tutoring
get help with personal concerns
meet friends
or just hang out …

Contact us today to enquire about the Pathways Program for Cree students



Phone Number: (514) 457-6610 • Fax Number: (514) 457-4730
21,275 Lakeshore Road, Ste. Anne de Bellevue, Quebec H9X 3L9

HEADS UP!

BE PART OF IT!

Are you concerned about the environment?
Wildlife?
Forestry?
Heritage management?

Community tour dates for EM Program promotion

Nemaska: Monday, January 31, 2011
Waskaganish: Wednesday, February 2, 2011
Wemindji: Thursday, February 3, 2011
Whapmagoostui: Saturday, February 5, 2011
Chisasibi: Tuesday, February 8, 2011
Eastmain: Wednesday, February 9, 2011
Mistissini: Monday, February 14, 2011
Oujé-Bougoumou: Tuesday, February 15, 2011
Waswanipi: Wednesday, February 16, 2011

Time and location are to be confirmed.
Contact your local Niskamoon coordinator.
Check your local radio station for details.

The tour will be conducted by:
Yves Marchand, *teacher*
Jean-Luc Morin, *consultant*

Business and Community Service Certified ISO 9001 : 2008
St-Félicien College

NISKAMOON CORPORATION

Environmental Management Program

Imagine working in environment, forestry, wildlife management and ecotourism. Some of the most exciting field work is currently occurring in Eeyou Istchee.

There's a new program being offered exclusively in Chibougamau by the Business and Community Service of the Centre d'études collégiales à Chibougamau (CÉCC)!

The Environmental Management Program will train students in the use and management of natural resources. Candidates will learn about environmental development, interpretation, wildlife protection and conservation.

The Environmental Management Program emphasizes the importance of theory and practice. The program will help students focus on knowledge, critical skills and work habits with much of the training taking place in exciting field work settings around Chibougamau and within the James Bay region.

The Cree people have spent generations in the bush living off the land. Now it is your turn to carry on traditional knowledge, all the while learning state-of-the-art environmental management techniques. Many jobs await trained environmental technicians: work that will allow you to spend most of your time on the land.

CÉCC's staff will provide students support for housing as well as information about organized sports, outdoor activities, and more.

For more information on the Environmental Management Program please contact:
Yvon Bellavance, Pedagogical Advisor
1-418-748-3903 ext. 224

Their Creative Arts, Literature and Languages program also offers two focused areas to choose from: a Creative Arts option or a Modern Languages option.

In terms of career programs, Champlain offers several unique options that are not found at other schools. Under the Business Management certificate there are specializations in both Advertising Management and Sport Marketing Management. Also offered as career programs are: Graphic Communications, Tourism Management and Programming for Web.

At their Lennoxville campus, Champlain offers the standard pre-university programs as well as career programs for Nursing, Special Care Counseling, Accounting and Management Technologies and CIS Mobile Information Technology.

For more info: www.champlainonline.com (for St. Lambert) and www.crc-lennox.qc.ca/index.php (for Lennoxville) and www.slc.qc.ca (for St. Lawrence)

Heritage College

For those out in the Gatineau region, Heritage College is the way to go! While Heritage offers the same basic pre-university courses and career programs as other Cegeps, it also features something interesting to those looking to come back to school.

For those who have been out in the work force or who have never completed college, Heritage has recently begun offering a Recognition of Acquired Competencies service that can assess an applicant's competencies.

Those looking to attend Heritage can now have their competencies (skill set, knowledge and/or behaviour) recognized as equivalent to program pre-requisites. This online tool can offer students assessments for the following programs: Accounting and Management Technology, Computer Science, Electronics Technology and Early Childhood Care and Education as well as the following AEC programs: Bilingual Office Administration, Microsoft Network 2003 with Linux, and Web and Desktop Programming.

For more info: www.cegep-heritage.qc.ca

GOING PRIVATE

While Quebec offers a large number of tuition-free programs, some students opt to go private to get special perks such as smaller classes and more individual attention or to streamline their studies in a special career program. There are far too many to mention, but here is a sample of what's out there privately.

Marianopolis College

For those looking to do pre-university courses only and who have either spent their secondary education in a private institution or are simply looking for a more intimate environment for their education, Marianopolis is Montreal's best pick.

Offering the standard Science, Social Science, Commerce, Creative Arts, Literature & Languages, Music, Arts & Science and Music pre-university programs, Marianopolis has a number of double-DEC programs for those looking to challenge themselves

For more info:
www.marianopolis.edu

Inter Dec College / Lasalle College

These two sister-schools offer a unique variety of career programs for those looking to get right into the job market or would like another certificate to complement the education that they have already obtained elsewhere.

Both schools specialize in different areas. Inter Dec offers career training in a number of fields but does not provide students with the necessary credits to graduate with a DEC. It instead offers specialized courses where students graduate with Attestations of Collegial Studies (AEC), Diplomas of Professional Studies (DEP) or In-House Diplomas (AE).

Both schools are bilingual, offering programs in both English and French, and both are known for their prestige.

The following programs are available at Inter Dec College: Artistic Makeup-Fashion & Beauty, Massotherepy, Aesthetic Care, Hairdressing, Interior Design, Set and Prop Design, Video Games, Commercial Photography, Video Editing, Graphic Design and 2D/3D Animation.

Lasalle College offers a selection of pre-university and technical DEC programs, all of which lead either to accelerated university studies or integration straight into the job market. Many of the programs they offer are not available elsewhere or at least not in English. This includes: Fashion Design DEC, Fashion Marketing DEC, Tourism DEC, Hotel Management DEC, Professional Cooking DEP, Computer Science Technology DEC, Development for Web 2.0 AEC, Insurance and Financial Management Services DEC, SME Accounting AEC, Early Childhood Education DEC, and Special Care Counseling DEC. Lasalle also offers a number of online learning programs.

For more info: www.collegeinterdec.com or www.collegelasalle.com/

Trebas Institute

For Crees looking to get a fast track into the entertainment industry, look no further than Trebas Institute to study sound, spinning music, and audio and video production. A smaller school with only four specific focuses, Trebas is

James Shecapio, Canadore College third year Graphic Design student, and recipient of The Joan Homer Student Leadership Award

Heritage
COLLEGE
Your Anglophone CEGEP in the Outaouais!
Join our Pow Wow on February 12th!
Consult our website for details.
Recognized Pre-University, Career and Continuing Education Programs. Small class sizes. Dynamic extracurricular activities. Affordable housing. Modern facilities on the fringe of Gatineau Park. Welcome to Heritage!
www.heritageadvantage.ca
Heritage College • 325 Cité des Jeunes Blvd • Gatineau (Quebec) • J8Y 6T3 • (819) 778-2270

known for the prestige it offers in the following programs: Studio Recording and Live Sound, Sound Design, DJ Arts and Technology, Music Business Administration and Film and Television Production and Post Production.

For more info: www.trebas.com

Montreal Universities

While the whole world might affectionately joke about Montreal's McGill University as the "Harvard" of Canada, back in 1821 the school began a fine tradition of offering a top-notch education to its students.

McGill set the bar high and since then the other three universities in Montreal have kept up the same tradition: to offer a world-class education and top research facilities to academics.

Those looking to enroll at a university as their next academic step will probably already have a school in mind as they will have to prepare for it in one of our aforementioned colleges or programs. So for those looking to plot our their academic future ahead of time, have a look at the following websites to see just who has the program you are most interested in.

McGill University: www.mcgill.ca
Concordia University:
www.concordia.ca
Université du Québec à Montréal:
www.uqam.ca
Université de Montréal:
www.umontreal.ca

EASTERN ONTARIO SCHOOLS

While many Crees opt to stay within La Belle Province for their studies, some Crees are just as inclined to hit the books at institutions across the provincial border in Ontario.

With hundreds of colleges and institutions in Ontario, *the Nation* has opted to showcase a sampling of them, some with and some without specific programs adapted for Aboriginals.

Algonquin College

With campuses in Ottawa, Perth and Pembroke, Algonquin College's popularity can certainly be measured in its growth over the years. Now offering over 140 different programs, this institution may have enough facilities to educate Ontario's masses but at the same time boasts its ability to provide a small-college atmosphere.

Rhonda Goodman NECE Grad with her son Jack and Oshki-Pimache-O-Win's Executive Director Rosie Mosquitoe.

Special for Aboriginals, Algonquin now offers a General Arts and Science Aboriginal Studies program in both one- and two-year programs. The one-year certificate program is aimed at delivering knowledge on and appreciation for First Nations, Inuit, and Métis peoples through a study culture and heritage, contemporary issues, Aboriginal languages, community development strategies, and Aboriginal law and government.

After one year, students can choose to transfer to another program and have their credits accounted for in their new program or opt to do a second year, which leads to General Arts and Science Ontario College Diploma with a concentration in Aboriginal Studies.

For more info:
www.algonquincollege.com

Lakehead University

For those looking to sink their teeth into Aboriginal content at a university, look no further than Lakehead as it offers a bounty of Aboriginal programming, particularly when it comes to learning and teaching Aboriginal languages.

Lakehead is also the only institution in Ontario to have its own department for Aboriginal Initiatives, which is dedicated to providing leadership in Aboriginal development and advancing an understanding of Aboriginal culture, heritage and language.

In terms of Aboriginal specific degree programs, Lakehead offers an Honours Bachelors of Aboriginal Education, programs in Indigenous Learning that focus on a fundamental understanding of Aboriginal history, philosophy, culture and values that are open to all students, a Native Teacher Education Program, and a Native Languages Instructor program.

Lakehead also offers two programs geared at integrating Native students into college life, the Native Access Program, a nine-month course to help students transition and a Native Nurses Entry Program which also runs nine months and is geared at getting Native students up to standard for the mainstream Nursing program.

But, for those whose dream is studying medicine in a program that is specifically geared towards graduating Aboriginal doctors, Lakehead offers the Northern Ontario School of Medicine. This unique medical program offers a specific Aboriginal focus that does not only incorporate meaningful collabora-

CREE SCHOOL BOARD
Post Secondary Student Services

Dr. George Blacksmith

Doctor of Philosophy
Major in Education
McGill University

Congratulations

on successfully completing the final requirements of your program. We applaud your great achievement!

Are you contemplating post secondary studies? We can help!

WE ARE AVAILABLE TO ANSWER ANY QUESTIONS YOU MAY HAVE REGARDING:

- Eligibility
- Financial Assistance
  - Full-time studies
  - Part-time studies
  - Correspondence courses/programs
- Academic Support Services
- Social Support

APPLICATION DEADLINES:

- March 1st – Programs starting in the Fall semester
- October 1st – Programs starting in the Winter semester
- Three months in advance for any other official starting date

Original applications must be submitted and postmarked no later than the deadline. Faxed or emailed applications are not accepted.

Post Secondary Student Services
1950 Sherbrooke Street West, Suite 100
Montreal, Quebec H3H 1E7

Telephone: 514-846-1155
Fax: 514-846-1266
Toll free: 1-800-463-7402

CEGEP St-Félicien Natural WildlifeTechniques fireworkers training in a real forestry situation

tions with Aboriginal communities but is also respectful of Aboriginal culture and history.

For more info: www.lakeheadu.ca/

Laurentian University

Sudbury's Laurentian University not only has a large Aboriginal student population but also offers one of the only two Bachelor of Native Social Work programs in Canada.

Its School of Native Human Services, Nishnaabe Kinoomaadwin Naadmaadwin (Native Teaching in Helping), also trains Aboriginals for careers in the following fields:

Child Welfare, Mental Health, Corrections Provincial/Federal, Community Development, Administration, Direct Service Delivery, Policy Development, Research & Development, Education Training and Management and Health Care. Along with a wide selection of other programs, Laurentian has a series of continuing education courses.

For more info: www.laurentian.ca

Nipissing University

Offering mainly undergraduate studies, North Bay's Nipissing University started in 1967 as an affiliate of Laurentian University and became autonomous in 1992. The university offers a number of arts, sciences and professional programs.

In terms of Aboriginal specific education, Nipissing has an entire department to assist Aboriginal students in successfully completing their degrees with everything from academic and cultural support, activities and even employment and career opportunities. In terms of programs, Nipissing offers an Aboriginal Teacher Certificate Program, a Native Classroom Assistant Diploma Program, a Native Special Education Assistant Diploma Program and a Native Studies Department.

For more info: www.nipissingu.ca

University of Ottawa

The University of Ottawa first opened up its doors in 1848 and has since grown into a world-class university that offers a wide variety of quality programs.

Specifically for Aboriginal students, Ottawa offers a minor in Aboriginal Studies through the Faculty of Arts and a Bachelors in Education through the Native Teacher Education Program. It also has an Aboriginal Legal Services Division to offer free legal aid to those who need it outside of the university.

What is most notable however is its Aboriginal Health Program, which is offered through the Faculty of Medicine and has a mandate to graduate Aboriginal doctors. Medical students from across the country flock to this specific school to compete for space in the prestigious program.

For more info: www.uottawa.ca

Carleton University

Ottawa's Carleton University goes the extra mile when it comes to providing services and programming for Aboriginal students. Starting with its Aboriginal Enriched Support Program (AESP), Carleton offers specific studies are tailored to support Aboriginal students making the transition into higher education.

The program features Aboriginal content in a first-year seminar course, and two elective courses of the student's choice. Academic and social support in the form of mentors, coaches, advising and workshops that supplement the electives is also made available to the students in the AESP. Successful completion of three credits in AESP with a C+ average permits student's admission into most B.A. programs and this program offers alternative admission to students who have been out of school for a while, or may not have the grades to get into a degree program in first year.

Carleton also offers Aboriginal Studies and the North as a special area of scholarship, leading to a M.A. degree within the School of Canadian Studies. Courses in Inuktitut, Cree, Ojibway or Algonquin are also offered at Carleton, depending on the semester through their Indigenous Languages-School of Linguistics and Applied Language Studies.

As a means of extra support, Carleton offers a Centre for Aboriginal Culture and Education, which seeks to retain these students along with other Aboriginal faculty and staff so that Native students can learn from Native teachers.

For more info: www.carleton.ca/

Obviously there are many Ontario institutions that *the Nation* has not mentioned here so if the program you are looking for is not listed or you wish to attend one of these schools, contact your local guidance counselor.

ERASE THE EFFECTS OF STROKE.
learn more at heartandstroke.ca

THIS IS WHAT HAPPENS WHEN YOU PUT YOUR HEART INTO IT.™

HEART & STROKE FOUNDATION
Finding answers. For life.

This space has been generously donated.

Cégep de l'Abitibi-Témiscamingue
Campus de Val-d'Or

SERVICES AUX PREMIÈRES NATIONS
FIRST NATIONS SERVICES

MAY THIS NEW YEAR 2011 BE FILLED WITH ACADEMIC SUCCESS!

Start being the professional you want to be!

Ask your guidance counselor about the programs available.

www.cegepat.qc.ca • tel: 819-874-3837 • fax: 819-825-4340

SOMA AMOS

Your Ford Dealer in Amos

42, 10e Avenue Ouest, Amos, Qc J9T 1W8 Tel.: (866) 468-3205
Tel.: (819) 732-3205 Fax: (819) 732-8111 www.somaford.com

We are close to you!
From the handshake when we greet you to the service down the road!
F-150 4x4 Super Crew
New Engine for 2011

Finding the right support

Here's an overview of Native associations found at the college and university level

By Christine Rigby

Every year a new group of high school students have to ask themselves the important question as to whether or not they will pursue higher education. For most, the question is simple to answer seeing as it is becoming increasingly difficult to achieve success in adulthood with only a high school diploma.

Although the decision to attend college or university in itself might be difficult for most, deciding which educational institution to attend can be even harder, especially if you are coming from a remote community or are part of a minority group. There are many factors to take into account when making this decision, such as the type of academic programs, cost, location and reputation. But more importantly, one might want to consider the type of support services available to individuals from communities that have different cultural values, not to mention a different worldview.

For many First Nations youth factors other than academic programs may be important when considering which educational institution to attend. According to Louise Legault from the Native Resource Centre at John Abbott College, Aboriginal students sometimes find it difficult to cope with the transition from life in their communities to that of city living or on campus living. As a result, Legault feels that students who attend schools which have resources or associations, designed with the culturally specific needs of Aboriginal students, are more successful.

Of course, not all schools have groups or associations dedicated to the needs of Aboriginal students. Fortunately, Quebec and Ontario have several options for post-secondary education that provides associations that cater to the specific needs of Aboriginal students.

QUEBEC

John Abbott College

The Aboriginal Resource Centre at John Abbott was founded in 1989 and is very well tuned to the needs of First Nations, Métis and Inuit studenttts. For 21 years, this association has developed initiatives to promote the support and success of Aboriginal students by providing academic and social services to help these students achieve their goals with great success.

The Centre has two full-time professionals, Louise Legault and Michael O'Connor, who act as advisors, counsellors and, on occasion, parental figures.

While the centre offers excellent academic resources, such as tutoring, workshops on study skills and budgeting, and access to computers and printers, it also provides an important social space where Aboriginal students can meet with their peers, share experiences and feel more at home.

According to Legault, the Centre is also important for creating a liaison between students and faculty. Not only do the advisors help students achieve greater communication with their teachers, but they encourage other students and faculty to visit and take advantage of the literature and videos they keep at the Centre, to help create greater understanding of the needs one experiences of Aboriginals as individuals and as students.

Aside from these integral academic and social resources, the Centre also holds cultural and recreational activities. Each year, as part of the college's multi-cultural week, the Centre invites different speakers, musical groups and dancers from different First Nations communities to share their experiences and their art. Other social activities throughout the year include potlucks, pizza days and movie nights, all of which are designed to make Aboriginal students feel like they have a place of their own.

For more info: www.johnabbott.qc.ca

Vanier and Dawson Colleges

Both Vanier and Dawson Colleges provide resources to new students, however, these are designed to support the entire student population body as a whole and do not cater to the specific cultural needs of any minority groups that may exist within them. Both offer basic resources, such as access to a learning centre, student lounges, social activities and academic advising. The student population of both colleges however do have student groups, ranging from snowboard and anime clubs to religious groups. Many groups have been established for several years but it is possible to create new ones as well. These student groups allow students to come together with similar interests and form support systems and social networks that may be beneficial in adding to their academic success.

For more info: www.vaniercollege.qc.ca and www.dawsoncollege.qc.ca/home

McGill University

At McGill University, social resources for Aboriginal students are co-coordinated by The First Peoples House. The main goal of FPH is to promote a healthy co-existence between Aboriginal students, Aboriginal communities and the university itself. According to McGill's website, it is a place that is meant to feel like a "home a way from home".

While creating a feeling of welcoming is an important objective of the FPH, another is to increase admission and retention of Aboriginal students, increase access to student services and contribute to the overall success of Aboriginal students.

Other services offered by the FPH include a mentor program (where students are partnered with other Aboriginal students), computer and printing facilities and a resource centre. Aside from these services, the FPH also helps provide housing for Aboriginal students, organizes visits from Elders and holds an annual Powwow that consists of singing, dancing,

drumming and lacrosse. The Powwow takes place on campus the last week in September every year.

CKUT, the McGill radio station, supports Native programming. Native Solidarity News broadcasts International Indigenous headlines and news features and can be heard every Tuesday at 6pm. It is a live broadcast from the Inter-Tribal Youth Centre. The radio station, along with the Native Friendship Centre, also host Aboriginal Day. Celebrations for the occasion in 2010 included an eight-hour radio-a-thon called "The Voice of the Nations", a stone-carving vernissage, a roundtable discussion of past and contemporary Native peoples issues and a feast.

For more info: www.mcgill.ca/fph

Concordia University

Similar to McGill, Concordia University offers Aboriginal students services that are designed to help them work and grow together in an environment that embraces Aboriginal cultures. The Centre for Native Education at Concordia is also meant to be a "home away from home" for all First Nations, Métis and Inuit students.

The academic services offered here include a computer lab, phone and fax services, a student lounge and academic advising. With respect to social activities the Centre for Native Education hosts movie nights, a Valentine's Day social, and other events that encourage interpersonal relationships between Aboriginal students, at various times throughout the school year.

Not unlike other post-secondary educational institutions that offer resources designed for First Nations students, the Centre hopes to offer academic and social support that will ensure the success of its Aboriginal student population.

For more info: www.concordia.ca

Université du Québec à Montréal

In 1990 at the Université du Québec à Montréal (UQAM) a resource centre, called First Nations Circle, was established in part to create friendships between Aboriginal and non-Aboriginal members of the student body. UQAM was the first French-language university to offer this kind of support network and it is unique in that it was created to bring Aboriginals from all nations together with the intention of enriching the cultural diversity of the university.

The FNC offers many of the same resources that are provided by other schools with respect to academic support, however, at UQAM there is a stronger emphasis on the arts within the "circle". Many of the social activities offered by the FNC revolve around film, music and visual arts and include activities both on and off campus.

For students graduating in the spring who are interested in the arts, the type of social activities offered by the FNC may be a good fit, but it is important to remember that they are also dedicated to helping Aboriginal students achieve academic success.

For more info: www.uqam.ca

Alvin Beardy, HBA Political Science, Lakehead Class of 2010

ONTARIO

If you are interested in attending school in Ontario there are several universities that have Native student associations that provide various levels of academic and social support. Knowing what these schools have to offer may be helpful in making the decision of which post-secondary educational institution to attend.

Brock University

The Aboriginal Student Services at Brock University, which is located in St. Catharines, provides services that are offered as part of the student development centre. This organization's goal is to ensure that all Aboriginal students, including First Nations, Métis and Inuit, have a successful transition while maintaining their cultural identity. Like the aforementioned schools, this association provides academic support and acts as a liaison between students and faculty.

The main objective of this association is to promote an environment on campus that is culturally sensitive and supportive in order to help Aboriginal students achieve academic success. Aside from academic services, the association holds events, workshops and other social activities in order to help achieve this goal.

For more info: www.brocku.ca

Canadore College

Located in North Bay, Canadore College offers students a personalized environment where they can excel in smaller-than-average classes and have access to their own academic advisor. Cultural resources, peer tutoring and mentorship are also available to enhance their educational experience.

The college boasts the Aboriginal Learning Unit, which consists of two offices (and a tipi) to serve Native students. These areas were designed to ensure a comfortable learning environment for Aboriginal students. Their academic and general counselling needs of the students can be met by booking a session with one of the college's Aboriginal counsellors.

Canadore's goal is to offer cultural relevancy within post-secondary programming thereby increasing students' opportunities for dual diplomas, certificates, and/or specialization as well as employment options for its graduates.

The college offers more than 80 full-time post-secondary programs, including Aviation, Business, Communications Arts, Health Sciences, Hospitality, Tourism & Culinary Arts, Human Services, Information Technology, Law & Justice, Office Administration, Recreation & Leisure Services, and Skilled Trades.

For more info: www.canadorec.on.ca

Carleton University

In Ottawa, Carleton University has the Centre for Aboriginal Culture and Education (CACE), which offer support throughout the academic experience. CACE, according to its website, aspires to ensure the presence, awareness and inclusion of Aboriginal culture within the university and to ensure that Aboriginal cultures and worldviews are respected and represented on campus.

Various programs and events, such as Awareness Week, Powwows and the visiting Elders program are offered through CACE and it is hoped that these support networks combined result in the continued success of Aboriginal students who attend the university.

For more info: www2.carleton.ca

Lakehead University

The Aboriginal Cultural and Support Services (ACSS) at Lakehead University in Thunder Bay has helped create a culturally supportive environment since 1987. While its main focus may be to support Aboriginal students, it extends itself to all who are interested in Aboriginal culture. Like many other Native associations within the post-secondary environment, ACSS offers academic support, a student lounge, workshops, tutorials and advocacy. By acting as a liaison between Aboriginal students and faculty, ACSS helps First Nations students achieve their goals of academic success.

Unlike other universities however, ACSS provides individual and cultural services as well. As individuals, an Aboriginal student has access to transitional support, social activities and Aboriginal counsellors for personal counselling. With respect to cultural support, ACSS has an on-campus sweat lodge, provides one-on-one Elder support, workshops on teachings on traditions, as well as organizing feasts and smudging ceremonies.

For more info: www.lakeheadu.ca

University of Ottawa

The University of Ottawa's Aboriginal Resource Centre (ARC) is an association that works closely with all faculties and staff with the intention of creating initiatives that are designed to both support and benefit Aboriginal students. It offers academic, career and personal support networks that, according to the university's website, are committed to be consistent with First Nations cultural values.

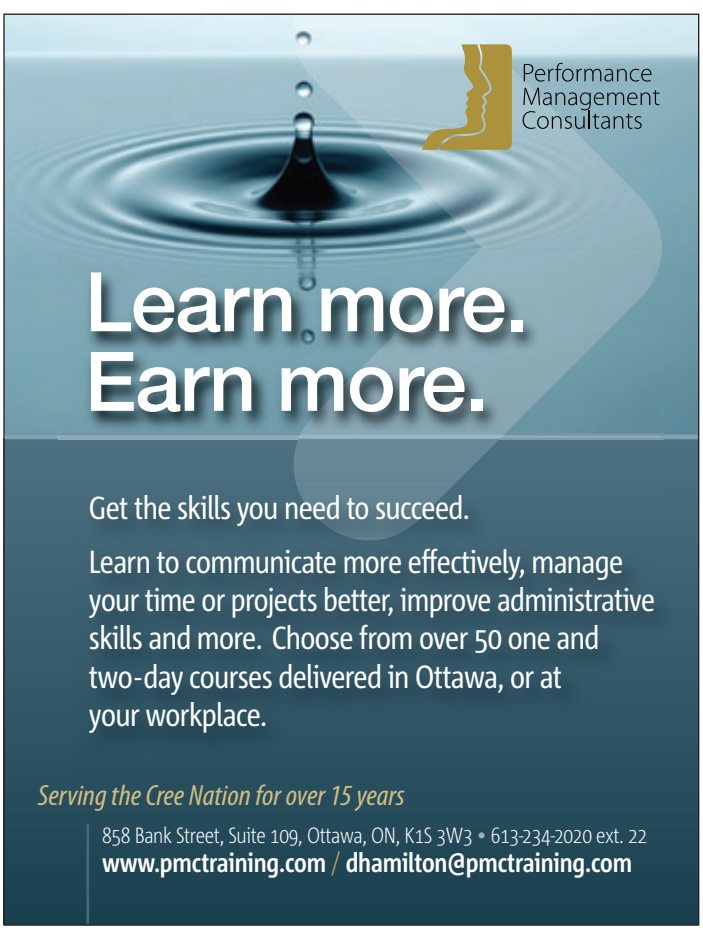
In order to achieve this ARC provides similar academic support to that of other universities, such as computer facilities, advising and a student lounge. With respect to social and cultural support, ARC holds monthly activities that include luncheons, information sessions, guest speakers and various other social and cultural activities.

Aside from this, the university has an Aboriginal hockey team which was established in 2004, and plays in Aboriginal tournaments in various First Nations communities. This is a definite bonus for any high school graduate who is interested in the sport.

For more info: www.sass.uottawa.ca

Although the schools mentioned above represent only a few of the post-secondary educational options that are available, they represent those that are most dedicated to the success of First Nations, Métis and Inuit students. These schools not only attempt to provide a "home away from home" by offering support and respect to the specific needs of Aboriginal students but also intend to increase awareness and respect of First Nations culture.

Congratulations in advance to the graduating classes of 2011!


Performance
Management
Consultants
Learn more.
Earn more.
Get the skills you need to succeed.
Learn to communicate more effectively, manage your time or projects better, improve administrative skills and more. Choose from over 50 one and two-day courses delivered in Ottawa, or at your workplace.
Serving the Cree Nation for over 15 years
858 Bank Street, Suite 109, Ottawa, ON, K1S 3W3 • 613-234-2020 ext. 22
www.pmctraining.com / dhamilton@pmctraining.com

Cree as in creativity

Chalk art by elementary school students expresses what lies within the heart

By Pierre Coulombe

Lately, the school blackboards in Eeyou Istchee have been used for more than grinding white chalk or lettering from left to right. Large colourful drawings of taiga animals have been appearing before Cree children – this as a result of their own action and participation in an art integration project using coloured chalk to produce beautiful murals.

The first of a series of popular animals drawn on the blackboards was "L'ours" – a large grizzly standing on the edge of a pond with a fresh catch in its mouth. The large mural was a collection of details and objects, which were added by the children after they were shown the basic techniques. They either replicated the teacher's action or they added their own visions to the narrative content of the mural. The results were amazing! After drawing the main animal-character the teacher moved out of the way and invited the students to take part. Trees, mushrooms, branches, rocks… a goose here, a butterfly there. The mural became a collective work of art in which the children were able to deliver a powerful story as only they could do. The students had taken over!

"How can children work so quickly and with such realism?" is a question that crosses the mind of newcomers. Of course, animal topics are always rewarding and motivating to Cree students. Here, in the North, animals have long been a means to survival. The Cree people are millenary hunters and hunting is not a sport in Eeyou Istchee, but rather one of many simple rituals in a lifelong dialogue with nature. The Cree hunt mostly to meet their needs and not much goes to waste. Wolves, lynx, moose, bears, owls, all have special meaning. All species become the objects of tales and legends and touch on the spiritual. Wild geese flying outside will have the youth run up to the windows in a single bounce, every time.

But even more so, all newcomers in this community become quickly aware of the variety of visual and auditive abilities that the Cree children seem to possess: these children of hunters learn from looking; they are very observant; they see things that would elude most youth of the south. Their memory is stunning. As a result the arts in general are very friendly to them – and so should other fields such as sciences, language arts and media – which all require creativity and craftsmanship.

"THE EDUCATORS ALONG WITH THE ELDERS, THE PARENTS, THE TEACHERS WITH THEIR SUPPORTIVE ADMINISTRATIONS, ALL CONCUR TO PROMOTE THESE ABILITIES. **SKILLS THAT ARE PASSED THROUGH THE GENERATIONS AND FIND THEIR WAY IN THE HANDS OF YOUNGSTERS**, WHO TAKE HUMBLE PRIDE IN THEIR BEAUTIFUL WORK."

If some children are shy at first, they become comfortable with any craft once they are shown the basic skills – and they work fast! The teachers are dazzled by the art displays in the elementary cycles. Any holiday or special day becomes an excuse to undertake an art project, fill the walls and turn the hallways into a carnival.

A stroll down the local daycare centres is a start to an explanation. The educators along with the Elders, the parents, the teachers with their supportive administrations, all concur to promote these abilities. Skills that are passed through the generations and find their way in the hands of youngsters, who take humble pride in their beautiful work. I've seen nothing quite similar on blackboards at the elementary level before – in the south.

In the present perspective one last word should be said on behalf of chalk (coloured or white) as a still valuable pedagogical tool. It is tactile, porous, earthy... It is a traditional medium within the school systems of the world. In this day and age – when we are becoming dependent to modern technology, laptops, projectors, smart boards, I am humbled before the Cree children who reminded me – once more – that creativity has nothing to do with the medium employed. It is more a question of what lies within the heart and good ol' blackboard did the job once more!

Pierre Coulombe is an Art & Language teacher at the Annie Whiskeychan School in Waskaganish

In loving memory of Grandfather John Petagumskum Sr.

By Lisa Petagumskum

Grandfather John passed on at the age of 90 on January 5, 2011. He lived a long life as a hunter, father, grandfather, great-grandfather, and great-great-grandfather. In his political life, he was a former Chief and an expert advisor on numerous councils, committees and organizations.

He was born on February 26, 1920, to Daniel and Mary Petagumskum. He was the eldest of their children. Born on the land, he grew up with the teachings of what we were to learn from him. He valued his role as a guardian, and never failed to give his time and share his knowledge when he was requested. He would always say, that he was at home, always ready to go when he was asked to assist.

He married Lottie Sandy 66 years ago. They had 15 children – Elijah, Maggie, Elizabeth, Sandy, Mary, Benjamin (deceased), Raymond (deceased), Charlie (deceased), Daisy (deceased), Willie (deceased), Lucy (deceased), Johnny (deceased) and three more whose names I could not get a hold of. The latter 10 died as infants or toddlers.

My father, Elijah Petagumskum, and his siblings – Maggie Kawapit, Elizabeth Kawapit, Mary Petagumskum and Sandy Petagumskum – were in Chisasibi when he passed on. They came to pay their last respects to him and also take time to be by his bedside. It was amazing to see their strength and ability to get up after only two or three hours of sleep. For three nights, they stayed by their father, with support from family, friends and lay readers of the Church. During this time, I could see the hurt of little children who were losing their only living parent. All we could do was pray and continue to give them any kind of help they needed.

In the end, it was only my brother Willard Petagumskum and John Petagumskum Jr. who were in the room with him when he took his last breath. They said, he opened his eyes, reached out his arms, and slowly crossed them over his chest. This brought great comfort to his children, knowing he was now going home to his Saviour.

> "THEY SAID, HE OPENED HIS EYES, REACHED OUT HIS ARMS, AND SLOWLY CROSSED THEM OVER HIS CHEST."

My earliest memories of my grandfather were almost magic-like, he was Chief of the community and we had a picture of the Queen Elizabeth on the wall. My late grandmother would always ensure we had a full pot of tea and snacks for visitors. When my grandparents came back into town, usually after the Christmas holidays, we would go to the airport and wait for them to land. They would always come back with lots of traditional food. Grandfather John would receive his guests as they came in to hear about his hunt.

Even before the Income Security Program, he would go out each year to his trapline. Even when grandmother Lottie passed away in 1996, he continued to go back. He went out with Sandy and his family. In recent years, he could only go out for very short periods of time because of his health. Richard Petagumskum and his family would always be ready to take him when he got the approval from his doctors.

When he was told that he would need dialysis, he refused treatment. His

main concern was not being able to live out his days in Whapmagoostui and be amongst his family and friends. We had to respect his wishes and this is how he lived out the rest of his life. He attended each church service he could. The last time he went to church was on Christmas Eve.

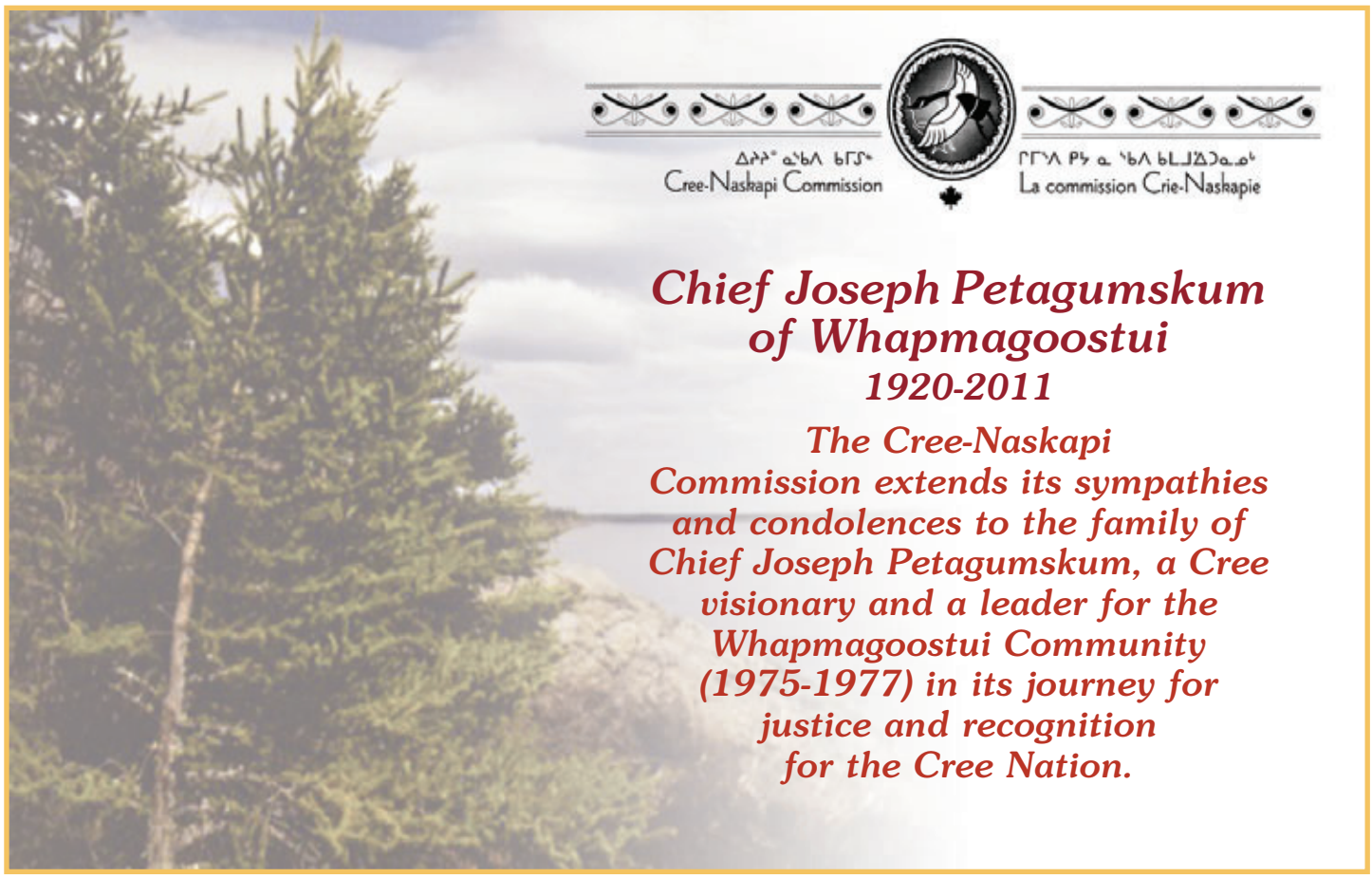
Even when he knew his days were numbered with the refusal of the treatment, he continued to participate in numerous projects.

In a document by Terry Fenge and Bernard W. Funston entitled "Arctic Governance: Traditional Knowledge of Arctic Indigenous Peoples from an International Policy Perspective", he enriched it with the provision of the following quote: "Since time immemorial the Natives were put here to take care of the land. Our grandfathers did not abuse the land and it's our turn to pass our knowledge on to our younger generation. What our forefathers kept all this time is very precious. It's now in our hands. Our creator has given us the responsibility for taking very good care of what we have. If we don't take care of it we will lose our own culture one day."

He was a wise man who did not mince words but he was also a very gentle person. He touched many hearts and minds through his participation in various projects. He was the voice of reason and wisdom in the fight for Great Whale River. He was modern-day warrior of wise words of reason. He will long be remembered as a guardian of Eeyou/Eenou Eetouhn – the Cree Way of Life. He was a grandfather and friend to many people from all walks of life.

The last thing, I asked him to do was to give a traditional Cree name for my grandson. He came back two days later to give him his name: Misitaayabinoskum. I never knew that it would be the last time he would give a Cree name to one of our children or grandchildren. He was always there to give his advice, love and a quick joke. For those who took time to sit and talk to him, they never left without a smile or a chuckle. He loved to make people laugh. We will greatly miss him but we know he is in a better place and we are better people for having such humility and grace be a part of our upbringing and our lives for all these years. Good-bye Goom-shoom until we meet again…

"WHAT OUR FOREFATHERS KEPT ALL THIS TIME IS VERY PRECIOUS. IT'S NOW IN OUR HANDS. OUR CREATOR HAS GIVEN US THE RESPONSIBILITY FOR TAKING VERY GOOD CARE OF WHAT WE HAVE. **IF WE DON'T TAKE CARE OF IT WE WILL LOSE OUR OWN CULTURE ONE DAY**."



More comments on the Ouje sweat lodge controversy

@ I once was banished from the church. I was banished because I didn't believe that the "Father" could speak to God for me. I was not allowed to attend church ceremonies, and I was considered a heathen. I was then Born-Again, I was born into my INHERENT right to be spiritual. Then I found the Sweat Lodge, and in the sweat lodge it got hot. In that heat and that warmth, I found the Creator. And Creator told me I can do sweat lodges anywhere. I will travel to your community to do a sweat for a fee. The fee is bannock and tobacco. I am appalled that the people who banned the lodge do not understand who they really are. They cannot call themselves Cree Indians anymore. Now they are just human.

The Myth

@ This momentary act of religious intolerance and spiritual ignorance in Ouje-Bougoumou is a good sign. I say this not because I support the actions of a few narrow-minded Christian Evangelical fanatics – and I do have utmost respect for many followers of this religious faith and appreciate the excellent work many have done. Rather the simple reason that is it symbolizes something very important: the actions of a few fools and the consequent bad publicly they have brought on to themselves is the high water mark in the tide of the most extreme elements of the Evangelical Christian movement. They will now have to make room for other religious and spiritual influences in this First Nations community as well as many other Eeyou and other First Nations communities across Turtle Island. Our ancestral spiritual practices have returned – "did they ever go away?" – not with a vengeance but with the force of dignity, humbleness, kindness, and respect that empowers them. Peace.

Jeepers

@ First I would like to say hi to all Nation readers and there are a few things I would to correct in the latest Nation (Vol. 18, No. 4) many of the things that were mentioned on that was BULL!!! There were many of OJ people that were there at the meeting including the police and many witnesses weren't happy of what they read in that article and nobody yelled or screamed nor verbally abused them during the meeting not even attack and attack is a very strong word. Everybody had a chance to speak whoever wanted to speak. Cuz I was also there at the meeting and how can they say that their grandsons were harassed and abused and they were not even there the whole time when we tore down the sweat lodge. I was there too and what Glen & Margaret wrote is all a LIE and yes the journalists were ask to leave politely not throwing out… and I think they should stop what there doing cuz when our heavenly father wants to do something in our reserve no one can stop him but what there doing to me looks like by the flesh and I think they should move on get over with it and one more thing as for all the (SW.L)crew that's working with it all OJ people know and we all see what they still do and how can they heal people when they can't even heal themselves they still walk in anger especially towards Christians and there still capable of saying they forgive and there all clean ??? and there still saying all these LIE's towards Christians well not only Christians voted saying to tear it down and there were minors at the meeting but weren't able to say anything and Redfern had tried to bring it up to our youth meeting which we parents our parents never thought us that way but only told us the word of God and, of course, our Chief came at the youth center at the time and stop the meeting they were to many minors under age and they were all ask to talk to their parents first our chief made a good explanation to our youth and I'm glad our Chief Louise came by and yes I have youth myself too and all never teach them that way when I know there only one person who can heal me cleans me wash away my sins and his name is Jesus Christ... and may God Richly bless u all

Anonymus from OJ

@ Any form of spirituality cannot be forced or taken from someone. I was reading the story about banning spirituality in the OJ community. I was completely torn about how they can ban the traditional spirituality. This is like assimilation all over again. I was instantly taken back to what my grandfather said when I asked him where did people go before there were churches in the communities, before the white man came. did people know who God is and how did they practice their belief in the Higher Power. It is also a form of discrimination and against Human Rights on what they did to Mr Mianscum, as I said, you cannot force Christianity or any other form belief that an individual has or believes in.

I am a believer that there is a Higher power, however, any person wants to call their higher power, if I were to say I believe in God wouldn't that be spirituality, or if I said I believe in the Creator, wouldn't that mean spirituality, or what our people use to call the Higher Power before the white man assimilated Christianity into the young Native children that were taken from their homes, wouldn't that still mean spirituality. I believe that each and everyone of us has a spirit that is within and believing in yourself and listening to that spirit within, wouldn't that spirituality. In the end God, The Creator, Mother Earth, etc... it's all the same, we cannot not judge ones way of belief in order to find their way towards change from drugs and alcohol, and to find their individual peace from within, that was always there from the very beginning. We are all spiritual.

Stephanie Jonah

@ We OJ people think you guys should stop accepting what Redfern and Glen write they are just hurting themselves and not only that what they all wrote is a big LIE and everyone here is not happy of what they are reading on each nation books you don't see any Christians writing back but they lay it in god's hands so we are asking you politely not to accept things from them. ENOUGH is ENOUGH

I'm from OJ

@ Well first of all as a professional in the field of addictions this is certainly just shocking. To empower individuals we must allow them to express themselves in the way that they feel is best. This is truly

something no one can decide for anyone. Their are certainly some behaviours of Control, imposing of own values and beliefs, oppression, in this situation. I am saddened that we are not allowing our people to thrive and see there religion as a sign of strength. I think that at a regional and a local level we need to implement Code of ethics. Cree code of ethics in the workplace with, Grand council of Crees, CRA, Cree School Board, Cree Health Board, all Band offices. If we are going to be our very own province.....in the later yrs, I think the only time I will consider voting is if Code of Ethics are placed and Cree Human rights are implemented.

Anonymous

@ Our community has bylaws on drugs and alcohol but I don't see anything being done about that I think this is more detrimental than a sweat lodge would be to the community.

ouje member

@ On what grounds were they made to take down the sweat lodge? A building code violation? I'm perplexed.

Matt

@ OJ is the most oppressed community in this country! Elders would have never allowed their people to disrespect another Faith, and let them ban their own ancestral ways. They don't even deserve to have the Cree museum in their community, Cree people used drums, ceremony pipes etc...What will OJ do with these artefacts; ban them? Anyway I hope you realize soon what you did to yourselves...

Life

@ I believe that spiritual practices and ceremonies are unique to each First Nations peoples. Unique to them yes and also some spiritual practices and ceremonies are meant to be shared to all people.

Are we not re-enacting the very same banning of traditional practices and ceremonies that was inflicted on the Native people by the government in the past. This is a good example of being close minded and again practicing "lateral violence" wise up man!

Ed

@ 80% of the community members of Ouje-Bougoumou voted "No" and were against the sweat lodge being built. Even the ones that were non-Christians were against it. If you could only see that hands that were lifted that night. Paster Enoch had nothing to do with the decision, the people spoke out and the majority made their decision. It was not the chief and council who decided, it was our ALL of elders and the people of Ouje-Bougoumou.

Anonymous

@ You cannot in this country interfere with the spiritual beliefs of other people. This is a sad day for First Nations people. I could care less what my neighbour believes in and that is his/her right in this great country.

Les Couchie

@ Hope they do what's right and reverse their decision before they effectively invite Canadian authority onto their reserve to do what's right for them.

Imagine, Canada having to protect the rights of an Indian from the oppression of his own people, that's very sad...

I'm reminded of a Christian principle. "Do onto others as you'd have them do onto you."

Hope that's not just a bunch of crap.

The American Constitution and its influencing documents, such as the Albany Congress and the Virginian Constitution, were themselves heavily influenced by Native confederacies.

Indeed, the very first line of the US constitution, "We the people" comes from the constitution of a Native confederacy.

So anyway, what's happening on this reserve is utterly wrong, a sad step backwards for Native people. It would be just as wrong if the majority in the community had been traditional and they tried to outlaw Christianity, or secular, and trying to outlaw religion or mysticism, or Buddhists oppressing Muslims, or Hindus oppressing Jedi's etc…

Think about it, Democracy disappears from Western society 2400 years ago, is absent from any European political system for 2200 years, but where does it "resurface", Turtle Island of course. It is no coincidence that this happened. The American colonies wanted to get away from the oppression of the monarchy and a people that taxed them and governed over them from across an ocean, allowing little input from the Americans themselves. Where did these colonists look to for a new model of governance, there was none in Europe that provided an example of how this could be done. Yet these British colonies were surrounded by powerful confederations of Indian nations who held complex governance systems that seemed to promote an exceptionally healthy equality based social harmony.

This is why Constitutions must include protection of fundamental rights and freedoms for minorities and for individuals, so that they may not be oppressed by the tyrannical dictatorship of the majority, especially in areas of religious freedom, thought, speech, equality etc... Native constitutions should include such language, after all, despite the popular belief, such recognized political freedoms for individuals and democratic principles expounded today were more accurately derived from Native nations rather that the Athens of 2400 year ago.

Mtiginabai

@ First off, I would like to say that Sandra's comment (*the Nation*, Vol. 18, No. 5) as very racist toward white people because she said, "The whites no longer have to try to wipe out indigenous culture. Apparently the Cree are so brainwashed by the whites that they will happily do it themselves" and I am insulted by this. I do feel though that it is absurd not let someone practice their beliefs. The Fundamental Freedoms section of the Canadian Charter of Rights and Freedoms states

2. Everyone has the following fundamental freedoms:

(a) freedom of conscience and religion;

(b) freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication;

(c) freedom of peaceful assembly; and

(d) freedom of association.

So in my opinion this act by the Ouje-Bougoumou band council directly violates these rights so I am glad that those affected are taking legal action.

James

HOCKEY TICKETS WINNERS

Congratulations to Ghislain Ottereyes and Phoebe Sutherland, the winners of *the Nation*'s Hockey Tickets Contest, sponsored by the CRA BOC and CREECO. Each winner received two complementary tickets to see the Ottawa Senators take on the Tampa Bay Lightning.

Ghislain Ottereyes sent in the winning photo and Phoebe Sutherland submitted the winning story. Thanks to everyone for your submissions.

Ghislain Ottereyes and family accepting prize from William Nicholls.

The winning photo by Ghislain Ottereyes.

HOCKEY TICKETS WINNERS

Sweetgrass Aboriginal Bistro

By Phoebe Sutherland

My name is Phoebe (Blacksmith) Sutherland from Mistissini Lake, Quebec, the proud owner of Sweetgrass Aboriginal Bistro in Ottawa. This family-owned business has now been open for a little over seven years.

Let me start by telling a little story about how the idea came to fruition. Around the dinner table perhaps still in my high school years, my father and I were talking food and we would say, what if one day, we opened our own restaurant and served Native food but with more fine dining.

With this in my head, I decided to pursue my education in Hotel and Restaurant Management at Algonquin College. Once completed, I felt the need to further my studies more in the Culinary Arts. This landed me in a fantastic school geared completely in this field at the New England Culinary Institute in Montpelier, Vermont. Thanks to the Cree School Board who funded my rather pricey tuition, I got in this program and learned everything I could about food and some restaurant management.

I did two internships of my choice: the first in Boston, Massachusetts, and the second in Northeast Harbor, Maine. These two locations taught me a lot about seafood. After my internships, my then fiancé and I decided to move to across the country to Phoenix, Arizona to gain more kitchen experience. I ended up working in a restaurant that was run by South American guys who took me in and taught me a lot about their Native foods. This experience along with new tastes and flavours, we brought with us and later use in what was to become Sweetgrass.

Sweetgrass serves North American Native foods from the North to the South, East and the West. A fusion of Native foods in of itself, and has worked for us ever since! Everything is made from scratch as are the breads, bannock, all the smoking of foods, and desserts. When you enter the bistro, not only do your taste buds get tantalized, but you are greeted by our warm and lovely staff. We have had many regulars since we've opened, some who have become dear friends. Others have been ministers from the government, celebrities such as Adam Beach, Phil Fontaine, Shawn Atleo, Elijah Harper, Susan Aglukark, and Hollywood celebrities.

Of course, we have gone through our ups and downs over the years, and we wouldn't be here without the start-up from Aboriginal Business Canada, the band, and our families. We have learned a lot about business in our seven years! A group of 20 some in our first year running a restaurant = good times!

Our continued success lies with the people who frequent our bistro, new and old, tourists, friends, regulars and family. We would not be here without them!

Stornoway encourages Cree Youth to undertake training in mining related programs.

The Renard Diamond Mine Project provides the potential for future exciting employment in a variety of trades!

les diamants stornoway (canada) inc.

SOQUEM

Be a part of it!

Les Diamants Stornoway (Canada) Inc.
New office located on the 2nd Floor of Mistissini Sport Centre

Mistissini (mailing address)
206 Main Street
PO box 1026
Mistissini, QC, Canada, G0W 1C0

Chibougamau (mailing address)
PO Box 539
Chibougamau, QC, Canada, G8P 2X9

www.stornowaydiamonds.com
www.twitter.com/swydiamonds

Hélène Robitaille
Manager, Community Relations
Training & Development
hrobitaille@stornowaydiamonds.com
Tel: 418-770-3701

Who's Hu?

By Lyle Stewart

When he thought he was getting a bargain deal, my dad would say it was cheap at twice the price. It's a saying that could apply to the price of labour in China, which is embarrassingly cheap, even when a worker manages to double his salary.

That's what happened after a recent series of hard-fought landmark labour disputes at a couple of China's biggest multinational employers, Honda and Foxconn. But when you are earning next to nothing, twice that amount is still uncomfortably close to nothing. Foxconn, a huge international electronics manufacturer, pays starting wages of $130 a month.

These issues came to mind when I watched Hu Jintao get the full red carpet treatment during his visit to Barack Obama's Washington last week. The Chinese leader enjoyed a rare private dinner at the White House after a 21-gun welcome to the US capital with the pomp and pageantry usually reserved for those from whom one desperately wants something.

It's a sad spectacle when the so-called leader of the free world gets down on bended knee before the world's most undemocratic regime. In this case, the Obama administration is looking to China's massive system of state capitalism to help kick-start the anemic US economy by letting its currency rise and allowing more imports from the US. China's incredible growth rates point the way to the economic future. So say the experts, anyway.

Even though China's economy routinely posts growth rates up to 10%, the adage above still applies. The Chinese economic system is far from a model to emulate, as many Western propagandists would have us believe. Even after two years of punishing economic recession, the US economy is light years ahead of China's. The Gross Domestic Product, or the value of all goods and services produced in a year, amounted to $46,381 for every American in 2009. The GDP per capita in China was $3,735, placing it 97th among the world's nations. (Canada's economy, meanwhile, produced value equivalent to $45,657 for every Canadian.)

The problem for Western economies is not that China puts up artificial barriers to imports from other countries' goods and services while it benefits from international free trade protection for its own products, though that is true. The real problem is that China uses its highly developed system of state repression to keep the price of its labour force artificially low.

And that's a far bigger reason the US is in long-term decline than the relative strength of the yuan against the US dollar. By shipping production and the jobs that go with them to low-wage economies like China's, the American business community is only creating the conditions for its own decline. People need an income to consume the goods businesses produce.

Reading the business community's own literature makes this paradox abundantly clear. Just check the language in an article published in the International Journal of Commerce and Management "to help managers of multinational corporations (MNCs) in making location decisions." China, the article concluded, "is easier for MNCs to conduct business in because of the current lack of enforcement of the labour laws."

According to Obama, however, this kind of griping is now old news. With the Chinese dictator at his side at the White House, Obama told journalists that we should "break out of the old stereotypes that somehow China is simply taking manufacturing jobs and taking advantage of low wages."

It may be an old stereotype, but it's an old stereotype that has the advantage of being true. And while Obama voiced a few vague platitudes over increasing respect for human rights, business observers don't think the notion of labour repression is out of date. The Reuters news agency quoted a researcher at New York's Standard Chartered Bank, who noted that the tut-tutting over human rights is just a sideshow.

"I think for internal (US) consumption you have to make some noise," said the researcher. "I don't think it matters much in practical terms. Many other things matter more than the exchange rate. You would need an enormous move in the exchange rate to offset the cost advantage that China enjoys from low labour."

Despite the repression, Chinese workers are beginning to fight back, as the series of strikes at Honda and Foxconn factories demonstrated. As a British Chamber of Commerce representative in Shanghai noted, the heightened labour militancy shows that China's workers are increasingly unwilling to accept bottom-of-the-barrel wages or the militarized discipline that are feature of Chinese factories like Foxconn's.

Ironically, China's one-child policy is helping shift the balance of power toward workers. China's workforce is aging, and despite a labour force that numbers 835 million, the country must now import workers to help maintain its own economy. This trend will only accelerate over the coming years.

Even with this glimmer of hope, however, the Chinese model of labour relations will be slow to evolve. Indeed, it isn't even restricted to China. In Zambia, where Chinese firms have invested heavily in the mining industry, two Chinese mine managers were arrested last week for shooting 13 mineworkers during a labour dispute at the Chinese-run Collum Coal Mine last October. That could be construed as progress, I guess: until now the managers had ignored repeated summonses to appear in court.

What does all this have to do with us? Everything. How long can we continue exporting jobs and importing cheap goods along with the anti-democratic attitudes toward the people who produce the stuff we consume? As the ailing US economy demonstrates, it's only when people are working and making a decent wage that a economy – and a society – can be healthy. Looking for help, as Obama appears to be doing, from a corrupt system that thrives only because of vicious state repression will not turn out to be a bargain for the desperate American president.

Desjardins présente

LES GRANDS PRIX DU TOURISME QUÉBÉCOIS 2011

tourisme Baie-James

ᒪᓕᐢᑌᐤ ᐊᕐᕉᑎᓯᐅᓗᓂᒃ ᑭᓱᐃᓂᒃ ᐅᑕᐱᒃ ᑯᕐᕕᒃ ᑎᑎᕐᓂᖅ 2011

Tourisme Eeyou Istchee

ᐃᓚᐅᑎᓯᐅ ᓯᒋᐎᓐ

Eeyou Istchee Tourism

C'est avec plaisir que Tourisme Baie-James et Tourisme Eeyou Istchee s'associent à nouveau pour présenter la 9ième édition du gala régional des *Grands Prix du Tourisme québécois 2011*.

Tenu sous le thème « Vivez l'aventure du tourisme », l'événement se tiendra le 10 mars 2011 à Chibougamau et soulignera les efforts et le dynamisme des entreprises qui œuvrent dans le domaine touristique dans notre région.

Nous invitons tous les représentants de l'industrie touristique à se joindre à nous pour cet événement. Pour ce faire, veuillez communiquer avec nous au 1-888-748-8140.

Nous vous attendons en grand nombre.

It is with great pleasure that James Bay Tourism and Eeyou Istchee Tourism join together once again to bring you the regional gala of the *Grands Prix du Tourisme québécois 2011*.

Under the theme 'Tourism: experience the adventure', the gala will be held in Chibougamau on March 10th, 2011 and will recognize the vitality and efforts of businesses in the tourist industry.

We would like to extend this invitation to all those involved in the tourism industry. Please contact us at 1-888-748-8140 to express your interest in this special event.

We are looking forward to seeing you there in great numbers.

VIVEZ L'AVENTURE DU TOURISME !

TOURISM: EXPERIENCE THE ADVENTURE

ᒪᓕᐢᑌᐤ ᐊᕐᕉᒋᓐ: ᓂᐲᑦᓂᐅᕐᕉᓂᒃ ᑕᒃ ᓂᒥ ᐃᑌᐅᒋᔭᑦ

Desjardins · SADC · Hydro Québec · Conférence régionale des élus de la Baie-James · Municipalité de Baie-James · Cree Nation Eeyou Istchee · Ville de Matagami · Ville de Chibougamau · Ville de Chapais – Une nature débordante d'énergie! · Assemblée nationale Québec – Luc Ferland, député d'Ungava · Destinations · Beesum communications · Le Jamésien · La Sentinelle · planète 93,5 Mon univers musical · La Radio d'ici CHEF 99,9 · CIAU FM · Québec

Avec la participation de :
- Société de développement de la Baie-James
- Ministère du Tourisme

GraphCat enr.

UNDER THE NORTHERN SKY

A lesson from Cuba

by Xavier Kataquapit

I recently came back from a vacation to Cuba. In the three weeks that I was gone, I managed to lose about five pounds. It was relatively easy to lose that weight. Since Cuba is not a wealthy country, food is not as abundant as we see in North America. Not only is food scarce in Cuba, it is also expensive and tourists usually have to eat in restaurants and resorts. I was not staying in the country on a resort package so I had to find restaurants that served good food and at a fair price. Merely looking around the city of Havana for places to eat made for plenty of opportunity to walk many kilometres.

I also developed stomach problems and a case of traveller's diarrhea. Since Cuba is not a wealthy country, restaurant operators, fresh-food vendors and grocers are not able to provide proper sanitation and standards are not similar to what Canada lives by. Being sick cut back my eating even further and in a matter of a few days, I was following a typical Cuban diet of liquids, café Cubano and mostly rice and beans.

It took me a few days to acclimatize to my new diet but after a while I did not have my usual cravings for regular snacks or large meals. As I looked around, I discovered that this was what Cubans had to live with. I ate in restaurants with Cuban friends and noticed that even when I offered plentiful food, locals preferred to eat less, since that was what they were accustomed to.

There are not many fat people in Cuba. Most of them are trim and youthful. I met 40-year-olds who looked to be in their 20s. Even with a limited diet, people are still active, energetic and full of life. Few people can afford TV and computers and even if they could, there is limited personal access to these luxuries. Rather, people live life on the streets and in the plazas where they walk and talk amid the Cuban music, which resounds from every corner.

This got me to thinking of the stark contrast in lifestyle we lead in Canada compared to those in poorer countries like Cuba. We have endless access to food in every form imaginable. A trip to the grocery store provides us with cheap packaged foods and even on our way there we can stop to grab a bite at McDonald's or Tim Horton's. We are marketed to in every way to consume as much food as possible. Most of the time, the food that is advertised is aimed more at generating higher profits for fast-food companies rather than providing a healthy food source for people. In addition to eating in excess, we are happy to be tethered to our computer screens and television monitors to sit and watch endless entertainment without having to move much. When you think about it, our society's obsession with food and our lack of exercise is totally ridiculous.

This inactive and excessive eating lifestyle has created all sorts of dietary problems for our society and resulted in high levels of diabetes. Unhealthy diets and little exercise is such a problem that medical experts have announced that the current generation of Canadian children will not outlive their parents because of this situation.

In the Native community, we are dealt a double dose of the health problems of North America, especially when it comes to diabetes. Our people are new to the high sugar, high fat diet enjoyed by Europeans for hundreds of years. Two or three generations ago, my people had a lifestyle that resembled the Cubans – our diet was limited and there was plenty of exercise. While the rest of North America slowly grew accustomed to a rich diet, our people literally stepped into the world of excess eating overnight. It is now estimated that 20% of the Aboriginal population lives with diabetes, which is three to five times the national average.

There is still hope for those who want to lead a healthier lifestyle. In talking to many Aboriginal healthcare workers they tell me that education and awareness is critical in combating this disease. Medical professionals, Aboriginal healthcare organizations and volunteers are working to create and promote programs that will help those who are dealing with a preventable disease such as diabetes. It is important for everyone to get tested for diabetes if they are overweight or at risk. This disease is preventable and early detection and treatment provides a better chance for a healthier and longer life.

My people lived for thousands of years with little or at times nothing to eat. Cuba is a modern example that a moderate diet is more healthy that an excessive one. Even though I felt sorry for so many people I met who are stuck in poverty, I also realized that in some ways they were more healthy because of it. Meegwetch to my Cuban friends for teaching me that it would be smart to learn to live within our means and not drown in the excess our society provides. Our health depends on it.

Call for Candidates

Health and Welfare Commissioner' Consultation Forum

The Health and Welfare Commissioner is seeking citizens interested in debating issues affecting our health and social services system to form his second Consultation Forum.

This is a unique opportunity to be part of an original deliberative assembly made up of 18 citizens, each from a different region of Québec, and 9 experts in fields related to health and welfare. Forum members will be appointed by the Commissioner in May 2011 for a three-year mandate.

Submission of Candidacies

- To submit your candidacy as a **regional citizen member,** complete the application form available at **www.forumdeconsultation.gouv.qc.ca** or call LCOM Communication toll free at **1-877-393-3178**, Monday to Friday, 9:00 a.m. to 5:00 p.m. You have until midnight on **February 18, 2011**, to register online or to mail your application form and your résumé to the following address: LCOM Communication, 180, boul. René-Lévesque Est, bureau 107, Montréal (Québec), H2X 1N6.
- To submit your candidacy as an **expert member**, indicate your interest to your affiliated organization or university department among those mentioned below.

Selection Procedure

The selection procedure is stipulated in the Regulation respecting the procedure for choosing persons qualified for appointment to the Consultation Forum, enacted under section 29 of the Act respecting the Health and Welfare Commissioner. Pursuant to that Regulation, the Commissioner must draw up a list of citizens for each of the 18 regions of Québec and must also draw up, for all of Québec, a list of persons with specific expertise related to the field of health and welfare.

To select the regional citizen candidates, the Commissioner has, in compliance with the Regulation, retained the services of the independent firm LCOM Communication. This firm is mandated to gather and analyze the applications of interested citizens. It must propose to the Commissioner at least three candidates from each region of Québec.

All those interested may request that LCOM Communication examine their applications. Requests must be submitted no later than midnight on February 18, 2011, and must be accompanied by the applicant's duly completed application form and résumé.

Candidates must be Canadian citizens aged 18 years or older on May 1, 2011, must reside in the region for which they are proposing their candidacy and must not be subject to any of the restrictions set out in section 25 of the Act respecting the Health and Welfare Commissioner.

To select the expert member candidates, the Commissioner must, pursuant to the Regulation, consult the following universities and organizations to allow each to propose no more than three candidates so that he may proceed to appoint:

- a physician, after consultation with the Collège des médecins du Québec;
- a nurse, after consultation with the Ordre des infirmières et infirmiers du Québec;
- a social worker, after consultation with the Ordre professionnel des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec;
- a person with expertise in the assessment of healthcare technologies and medication, after consultation with the Institut national d'excellence en santé et en services sociaux;
- a person with ethics expertise, after consultation with universities offering philosophy or ethics programs and with associations of institutions whose membership includes one or more institutions that have a research ethics committee or a clinical ethics committee;
- a health researcher, after consultation with the universities offering programs in health research;
- a health and social services manager, after consultation with the Association québécoise d'établissements de santé et de services sociaux;
- two persons from sectors of activity related to health or welfare, after consultation with organizations most representative of these sectors, such as the education, economic, environment and labour sectors.

Candidate proposals must be submitted by the organization's board of directors or the association's bureau or, in the case of a university, by the chair of the university department concerned. They must be accompanied by the candidate's résumé and letter of interest and must be submitted to the Commissioner no later than March 18, 2011.

The procedure for choosing persons qualified for appointment to the Consultation Forum is available at www.forumdeconsultation.gouv.qc.ca. Also available online are the Regulation respecting the procedure for choosing persons qualified for appointment to the Consultation Forum and the Act respecting the Health and Welfare Commissioner.

The Health and Welfare Commissioner does not receive any applications directly.

Québec

CLASSIFIEDS

BIRTHDAYS

We would like to wish our MOM/Granny – Marianne Trapper-Katapatuk – a happy birthday, who celebrated on January 20, 2011!! We just want to say thank you for being our Mother/Grandma and we love you LOTS!!

From: your children – Annette-Celina-Billy Jr. (Kim) & Mario (Natasha) your grandchildren – Desai (Jessica) –Derian (Kenassa)-Anessa-Ariana-Arissa-Harlina-Cerina-Harlan-Aleisha-Aleena-Laurissa-Kreedon-Aidan-Billy Boysh-Nahshon-Mariosh-Marisha your great-grandchildren – Khansas-Kaddes-Katie-Jaydes

Happy birthday to Derian Joseph Alexander Katapatuk, who turned 21 years old on January 26th, 2011. Love you and many more to come!! From your Katapatuk Family in Amos, QC

Happy birthday to a beautiful baby girl – Marisha Diamond-Katapatuk – who turned 1 year old on January 27th, 2011.

What a precious bundle of joy you are
Cute from head to toe
You melt our heart with your sweetness
Everywhere you go
You're a very special gift
Descended from heaven above
The most perfect little angel
Sent for all your family to love

Love you so much – hugs & kisses
The Katapatuk Family
Amos, QC

Happy belated birthday to Bill Blackned on January 8th, 2011. Many more to come! From your bro JIMBO

January 7th was the birthday of a sweet young lady named Emily Snowboy. She celebrated her 11th birthday this year. May you be blessed with many more years! With love, from your Auntie Dina and your cousins Melissa and Adam in Mistissini. Thanx again for your big help whenever I am in Chisasibi!.Love you and miss u. xxoxxoxoxoxx

PUBLIC SERVICE ANNOUNCEMENTS

Where to get help: bilingual, anonymous, confidential and free phone services, 24 hours a day, 7 days a week.

Missing Children's Network: They'll help you find kids who have run away or disappeared. 514-843-4333.

Kid's Help Phone Line:
1-800-668-6868
(www.kidshelpphone.ca)

Youth helpline:
1-800-263-2266 (www.teljeunes.com)

Parent helpline:
1-800-361-5085 (www.parenthelpline.ca)

Drugs: help and reference:
1-800-265-2626 (www.drogue-aidereference.qc.ca)

Gambling: help and reference:
1-800-265-2626 (www.info-reference.qc.ca)

S.O.S. Conjugal Violence:
1-800-363-9010 (www.sosviolenceconjugale.com)

Health and Sexuality resources center:
1-888-855-7432 (Monday to Friday, 9 am to 5 pm)
(www.criss.org)

Gay Helpline:
1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal:
1-866-403-4688. (www.nwsm.info)

Suicide Action Québec:
1-866-277-3553

Residential School Survivors:
A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: http://www.afn.ca/residentialschools/resources.html

Pssst...

Have any information you'd like to share with *the Nation*? Feel like there's something the rest of the Cree Nation should know?

Well that's what *the Nation* is here for. Call us at 514-272-3077, and we'll look into your story. If you don't call us, your voice won't be heard!

COMPUTER TRAINING CENTER

✔ **Word-Essential knowledge**
539 $ +TX/ 18 hours over 3 days
February 1 to 3, 2011

✔ **Word-Formating Long Document**
539 $ +TX/ 18 hours over 3 days
February 8 to 10, 2011

Course book included

✔ **Outlook-Essential knowledge**
269 $ +TX/ 9 hours over 1.5 days
February 15 & 16, 2011

✔ **Excel-Analysis Tool**
359 $ +TX/ 12 hours over 2 days
February 22 & 23, 2011

✔ **Ms-Project**
998 $ +TX/ 24 hours over 5 days
March 7 to 11, 2011

Jean-Marc Audet

Marjolaine Bérubé

We invite you to phone us with any questions
819-824-8884

SINCE 1999
Centraccès Formation
888, 3rd Avenue, Val-d'Or
www.centracces.qc.ca

How many moments are you willing to lose?

Gambling problem? Contact your local support service or call 1-800-461-0140. | dontbetitall.com

www.cssspnql.com

Québec

As Canadian as...

Two-four Hoser Pogey

Double-double Eh? Loonies

Poutine Dutchies Saskatoons

Subscribe to any 3 Canadian magazines and pay for only 2!

ORDER TODAY

nearly 200 titles to choose from

– including the one in your hands *right now*!

GENUINE CANADIAN MAGAZINE

BUY 2, GET 1 FREE.

To discover the magazines that match *your* interests
go online to **www.1free.magazinescanada.ca**
or phone toll-free **1-866-289-8162**

SPECIAL OFFER CODE: PAEY

Makes a great gift idea too!

Cree School Board Tours

2011

"Communicating • Consulting • Connecting"
with our Communities

Dates of Cree School Board Tours:

- Whapmagoostui –January 24 and 25, 2011
- Chisasibi – January 26 and 27, 2011
- Wemindji – February 7 and 8, 2011
- Eastmain – February 9 and 10, 2011
- Mistissini – February 21 and 22, 2011
- Waskaganish – March 7 and 8, 2011
- Nemaska – March 23 and 24, 2011
- Waswanipi – March 28 and 29, 2011
- Ouje-Bougoumou – March 30 and 31, 2011
- Washaw Sibi - Dates T.B.D

Agenda Items for Cree School Board Tours

- Council Policy Manual;
- Executive Summary of *Communication, Accountability and Follow-up for School Improvement* (CAFSI) Report and Recommendations;
- CSB Strategic Action Plan (2011-2015);
- Summary of Cree as a Language of Instruction Program (CLIP) study reports;
- Language Instruction Programs.